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COOK BOOK



Issued by the
Honolulu Star-Bulletin

Compiled by
FLORENCE HOFFMAN

PREFACE.

In presenting this small volume of recipes to the public the STAR-BULLETIN feels that it is offering a cook book of genuine worth, and one that should be a helpful addition to any cuisine. The recipes have been tried, and pronounced par excellent by women of Honolulu whose reputations in culinary lines make their approval an invaluable recommendation. The STAR-BULLETIN acknowledges, with grateful thanks, recipes from the following ladies:

Mrs. L. C. Ables
Mrs. Andrew Fuller
Miss Elizabeth Hopper
Mrs. John Lucas
Mrs. Arthur Wall
Mrs. Chester Livingston
Mrs. A. Hocking
Mrs. John Walker
Mrs. A. E. Murphy
Miss Margaret Dietz
Mrs. St. C. Sayres
Mrs. Ormond Wall
Mrs. Guy Gere
Mrs. A. Perry
Mrs. Ernest Kopke
Mrs. James Crockett

Mrs. Larry McAfee
Mrs. M. T. Clegg
Mrs. Harry Wilder
Mrs. Walter Frear
Mrs. Walter Wall
Miss Julie McStocker
Mrs. Fred Smith
Mrs. Gerrit Wilder
Mrs. Will Wall
Mrs. Wells Peterson
Mrs. William Hobdy
Mrs. G. F. Humbert
Mrs. Robert Lewers
Mrs. Hannah Palmer
Mrs. G. F. Bush
Mrs. J. Johnston.

SOUPS

BROWN SOUP STOCK.

A. 6 lbs. shin of beef. Cut lean meat into inch pieces, brown one-third slightly with small onion stuck with 6 cloves in marrow from bones, add remaining meat and bones and 3 qts. cold water. (If soup is not to be clarified do not brown any of the meat.)

B. $\frac{1}{2}$ c. each of celery, carrots, and turnips cut into dice. 1 tb. salt, $\frac{1}{2}$ ts. peppercorns, $\frac{1}{2}$ bay leaf, 1 ts. summer savory, 2 sprigs parsley, 1 ts. thyme, 1 ts. sweet marjoram. (Vegetables may be brown in fat.)

College of Hawaii Recipe.



WHITE SOUP STOCK.

A. 3 lbs. knuckle of veal, 1 lb. lean beef, 3 qts. cold water.

B. 1 onion, 6 slices carrot, 1 large stalk celery, $\frac{1}{2}$ ts. peppercorn, $\frac{1}{2}$ bay leaf, 2 sprigs thyme, 2 cloves, 1 tb. salt.

Wipe meat, cut in small pieces. Add B. to A, simmer 5 hrs., strain, cool and clear.

College of Hawaii Recipe.



TO CLARIFY SOUP STOCK.

Remove fat from stock, add slightly beaten white of egg and crushed shell—1 egg to 1 qt. stock—place on fire and stir constantly until it boils. Boil 2 min., simmer gently 20 min., add tiny bit of ice, or a little cold water, remove scum, strain through double thickness of wet cheese cloth placed over fine strainer. If stock to be cleared is not sufficiently seasoned, additional seasoning must be added before clearing is effected. A few shavings of lemon rind, a dash of nutmeg, curry, and other flavorings may be added.

If a deeper color is wanted add a little caramel or a few drops of Kitchen Bouquet.



SOUP STOCK.

3 pounds knuckle of veal.

4 cloves.

1 pound beef shin.

4 allspice.

2 quarts water.

1 saltspoon celery seed.

2 teaspoons salt.

Parsley.

4 peppercorns.

2 teaspoons mixed herbs.

1 saltspoon ground pepper.

2 tablespoons each vegetable.

Cut in pieces an inch long. Put meat in cold salted water and let stand for $\frac{1}{2}$ hour or hour to draw out blood and juice. Cut up bone if possible. There should be one quart water to each pound of soup meat. ($\frac{1}{2}$ meat and $\frac{1}{2}$ bone). If you want it to jelly, put 1 pint water to 1 lb. meat, and get large proportion of veal and carrots. Bring it slowly to a simmering point and let simmer 4 or 5 hours (until meat is in shreds). *Never boil.* Strain through a double cheese

cloth collander. Put in ice-box, and next day it will be jellied. If it is to be kept, don't put in vegetables until it is cooked for actual use. Then cook about a half hour. Lamb or mutton does not give a good flavor to soup. When jellied, remove grease, first, with a spoon, and then with a hot wet cheese cloth. For clear soup pour in the beaten white of 1 egg to every quart, and put on stove. Bring to a slow boil. If it needs more seasoning, add before putting in egg. Leave on stove about 15 or 20 minutes and stir to keep from burning. Strain through a double cheese cloth.

College of Hawaii Recipe.



TOMATO SOUP.

- 1 quart can of tomatoes.
- 1 pint of water.
- 1 teaspoonful of sugar—more if needed.
- 1 tablespoon flour.
- 1 tablespoon butter.
- 2 tablespoons of chopped onion.
- Pepper and salt to taste.
- $\frac{1}{2}$ of a coffeespoonful of ground cloves.
- $\frac{1}{2}$ of a coffeespoonful of allspice.

Put tomatoes, water, sugar and spices on to simmer for half an hour. Fry onion in the butter, but do not let it brown, sprinkle the flour over and cook a few minutes longer, add to the soup, simmer half an hour, rub through sieve and serve. (Good.)

Mrs. Andrew Fuller.



TOMATO BISQUE SOUP.

- 1 quart tinned tomatoes.
- 1 small onion (chopped).

Cook 20 minutes and rub through a sieve. Put back on stove to keep hot. Meantime boil 1 quart milk (in double boiler). After heated, add 2 tablespoons butter and 2 tablespoons flour (previously creamed together). Add teaspoon (or more according to taste) of salt and pepper. Just before serving, add teaspoon of soda dissolved in a little water to tomatoes and add milk.

Mrs. A. Hocking.



CORN MOCK BISQUE SOUP.

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| 1 can corn. | 1-2 can tomatoes. |
| 1 quart milk. | 1-4 teaspoon soda. |
| 1 slice onion. | 1-3 cup butter. |
| 3 tablespoons flour. | 1-8 teaspoon pepper. |
| 1-4 cup cold water. | 1-8 teaspoon paprika. |

Scald milk with corn and onion; mix flour with cold water to form paste and add to scalded milk; then cook twenty minutes, stirring constantly at first, and rub through a sieve; cook tomatoes ten minutes, add soda and rub through a sieve; combine mixtures and strain into tureen in which is butter in small pieces, and seasonings.

Miss Elizabeth Hopper.

CORN CHOWDER.

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| 4 cups potatoes. | 1 teaspoon cornstarch. |
| 3 cups corn. | 10 cents salt pork. |
| 1 pint milk. | Pepper and salt to taste. |
| 1 small onion. | |

Slice onion, cut potatoes and pork in cubes and fry all together. Add cornstarch blended with the milk, salt and pepper. Cook until pork is tender. Add corn. If green corn is used, cook corn and pork first.

Mrs. L. C. Ables.



FISH CHOWDER.

(For six or eight people)

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| 2 strips of bacon. | 1 cup of tomatoes. |
| 2 cups of potato. | 2 cups of fish (boned) |

Cook in a two-quart saucepan in alternate layers in the order given. Season to taste. Save fish heads and bones and boil separately in two cups of water, season with salt and when boiled, strain and add to the above. Allow all to boil one-half hour without stirring. Just before serving, add one quart of boiled milk and one cup of broken crackers.

Mrs. J. Lucas.



SOUP.

(Tomato Puree with Fritter Beans.)

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| 1 quart brown stock. | 2 tablespoons minced onion. |
| 2 cups stewed tomatoes. | 1/2 cup flour. |
| 2 small bay leaves. | 1/4 cup butter. |
| 1 chopped green pepper. | Paprika and salt. |
| 2 sprays parsley. | |

Cook onion, parsley, bay leaf and pepper in butter five minutes. Add flour and cook two minutes. Add stock and tomatoes, simmer 20 minutes. Strain and return to saucepan and boil.

Fritter beans—1/4 cup flour, 1/4 cup water, 2 tablespoons butter. Boil water and butter. Stir in flour slowly until smooth. Cook until rolls from pan. Cool, mix in one egg. Drop in boiling fat. Just before serving, pour soup mixture over these.

Mrs. Ormond Wall.



FISH

INDIVIDUAL FISH LOAF.

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| 1/2 box gelatine. | 2 bay leaves. |
| 1/2 cup cold water. | Little celery. |
| 1 tablespoonful chopped carrot. | 1 pint water. |
| 1 tablespoonful chopped onion. | |

Cover the gelatine with 1/2 cup cold water, and let soak for 30 minutes. Put 1 tablespoonful carrot, onion, and 2 bay leaves and a little celery in 1 pint cold water. Bring to a boil; add gelatine, strain, add juice of one lemon, half teaspoonful salt and a little red pepper. Put alternate layers of this and chopped salmon in individual molds. Put away to harden. Serve on blocks of tomato aspic jelly with mayonnaise or tartar sauce.

Mrs. Chester Livingston.

SALMON PUFFS.

Take a can of salmon. Remove the skin and bones. Chop fine and add one tablespoonful of melted butter, one saltspoon of salt, and the same of white pepper, one-half cupful fine soft breadcrumbs, 1 tablespoonful of lemon juice, 3 well-beaten eggs. Mix thoroughly and pack the mass in cups. Set the cups at once in a pan containing hot water that does not reach their tops by nearly an inch. Bake for $\frac{1}{2}$ an hour. Turn out the puffs upon a hot platter. Put into the center of each a sprig of parsley or celery, and pour any good fish sauce around them.

Mrs. John Walker.



FISH IN INDIVIDUAL RAMEKINS.

Take a pound of cold boiled white fish and break into small bits with a fork and set aside. Into a very smooth white lined agate pan put three tablespoons of sweet butter. Melt, and add as much flour as the butter will easily take up. If the flour is sifted from the sifter into the pan it will not lump. Slowly add $\frac{1}{2}$ pint of milk and a $\frac{1}{2}$ pint of cream. This will make a nice thick sauce. Season with pepper and salt and put minced fish into the sauce. Mix thoroughly. Have the required number of ramekins buttered and put the fish mixture in. Fill each one quite full, sprinkle the top of each dish with paprika, a dab of butter, chopped hard-boiled eggs, and over all a light sprinkling of grated cheese. Cook about ten minutes in a quick oven.

Mrs. A. E. Murphy.



JELLIED FISH.

2 large cups of cold boiled fish.

Have ready 2 cups of veal stock which has been seasoned with whole peppercorn, cloves and onions. While hot, add 2 tablespoons of gelatine which has been soaked in cold water. Add a few pickles chopped very fine, 3 hard-boiled eggs, 2 cold, boiled beets, 2 lemons, all cut in slices or fancy shapes. Butter a mold, line sides and bottom with eggs, beets and lemon, put a little of the stock in the mold, let harden, then fill with fish and stock and put on ice (stock must be very cold). Turn out and garnish with mayonnaise.

Mrs. A. Fuller.



PICKLED HERRINGS.

1 dozen salted herrings.

2 bay leaves.

Malt vinegar to cover.

1 dozen whole cloves.

1 lemon sliced thin.

2 dozen whole black peppers.

1 large onion sliced.

Wash herrings thoroughly in warm water first, then in cold. Place in stone crock and cover with malt vinegar. Add sliced lemon and onion, bay leaves, cloves and peppercorn.

Let stand at least three days before serving. *Miss M. Dietz.*



DEVEILED SARDINES.

Open two medium sized cans of sardines, drain off the oil and remove soft bone from each fish; put fish into bowl and break into small

pieces with fork; add half the quantity of fine bread crumbs, half a teaspoon each of salt and paprika, a teaspoonful of made mustard, two tablespoons of lemon juice.

Mix well together and put into greased scallop shells. Sift fine cracker crumbs over each and pour one teaspoonful of sweet cream over each shell. Brown in oven. *Miss Margaret Dietz.*



SHRIMP CURRY.

Take one large tin of shrimps. Wash thoroughly and heat through in boiling water. In a double boiler put two cups of milk and when boiling, thicken with two tablespoonfuls of cornstarch or flour. Take one heaping tablespoon of Madras curry powder and 2 tablespoonfuls of butter, mix well together. Add a little of the above cream mixture to the latter to prevent lumps. Then mix altogether. Pour water off shrimps and let them remain in curry about 5 minutes before serving. Serve with slices of lemon and chutney if liked.

Mrs. John Lucas.



LOBSTER OR CRAB COQUILLE.

Boil two lobsters of medium size, or two dozen Hawaiian crabs. When cold pick out quite fine. Put 1 pint of cream on to boil and rub together 2 tablespoonfuls of butter with 2 of flour and 1 teaspoonful of mustard, a little salt and red pepper. Then add 3 tablespoonfuls of the boiling cream. Stir till smooth, then add to remainder of cream. Boil two minutes, then add the lobster or crab, and boil one minute more. Have ready some fire cracker crumbs (about eight crackers) and stir gently into the mixture when taken from the fire. Place in shells, dust with paprika and bake a light brown. (This is improved by adding the juice of half an onion chopped fine and sauted in butter. Press out the butter and strain into the cream.)

Mrs. St. C. Sayres.



OYSTERS YAQUINO.

For 24 oysters. 1 cup of finely chopped onions.
1½ cups of butter. Saute the onion in the butter till clear, but do not let them brown. Place one oyster in each shell on a tablespoonful of the onion mixture. Dust well with paprika and place in a hot oven until the oysters curl. Do not burn. *Mrs. St. C. Sayres.*



OYSTER SHORT CAKE.

2 cups flour.	2 tablespoons butter.
1½ teaspoons baking powder.	2 eggs.
¼ teaspoon salt.	1 cup milk.
Rub butter in flour. Add eggs well beaten and other ingredients.	
Butter the pan. Lay in double layers and bake.	
Filling:	¼ teaspoon salt.
1 tin fresh oysters.	¼ teaspoon pepper.
1 tablespoon butter.	1 egg.
2 tablespoons flour.	

Put oysters in saucepan over fire. Stir until edges curl. Take the liquid that comes from oysters while cooking. Add enough cream

or milk to make a cupful. Add melted butter and blended flour. Add other ingredients and 1 cup of fluid. Add well-beaten egg and oysters. *Mrs. L. C. Ables.*



ROAST OYSTERS ON TOAST.

Cut slices of bread round with a sharp cookie cutter. Toast slightly and butter. Wash and wipe some fine large oysters. Spread as many as possible on each slice of toast. Season with salt, and pepper, and plenty of bits of butter. Put in hot oven until the edges of the oysters begin to curl. Serve at once. *Mrs. G. F. Humbert.*



Recipes for Meats, Entrees and Luncheon Dishes

MEAT HINTS.

In frying steak or chops let the pan get very hot before putting in butter or drippings; spread the grease over the bottom of the pan quickly and have the meat ready to put right in.

Do not stick a fork into meat that is frying or otherwise cooking. Put the fork under or into the fibrous part to turn.

Allow chops or steak to cook thoroughly on one side before turning.

In roasting beef allow 15 to 18 minutes to the pound.

In roasting veal allow 18 minutes to the pound.

In roasting mutton allow 20 minutes to the pound.



OLD-FASHIONED POT ROAST.

Select a nice solid piece of beef about five pounds. Have in a deep agate bowl 2 sliced onions, $\frac{1}{2}$ cup salad oil, salt and pepper, 1 clove of garlic, 2 kitchen spoons of vinegar. Let the meat stand in this mixture for eight hours, after which lift out and put into an old-fashioned iron pot which is intensely hot. Have a couple of slices of bacon in the bottom. After the meat thoroughly browns on one side, turn it over and brown the other side. Slice half a dozen small carrots and one onion. After the meat is half cooked put half a can of tomatoes, the carrots and the mixture that remains in the bowl into the stewpot with several sprigs of parsley and a couple of celery sticks. When it is all cooked life the meat out of the pot and put the vegetables and gravy through a potato masher. Send the meat to the table garnished with fried eggplant and the gravy in a boat. Old-fashioned, but delicious.

Mrs. A. E. Murphy.



POT ROAST.

50 cent pot roast.

2 lbs. fresh pigs' feet.

Glase the pigs' feet, cut in small pieces. Take out of the fat and glase the meat in the same fat. Then put in saucepan with 1 tablespoon of vinegar and 6 tablespoons of water. Chop fine 1 carrot, 1 turnip, 2 onions and put in the pan with the meat. Cook for 2 or 3 hours, add mushrooms, salt and pepper just before serving.

Mrs. Andrew Fuller.

SMOTHERED CHICKEN.

Select a young roasting chicken weighing about 4 pounds. Split it down the back as if for broiling. Clean it, reserving the heart, liver and gizzard. Put some butter in a deep pan, so that the bottom is well covered. Then lay in the chicken, skin side up. Cover it well with little pats of butter. Season with salt and pepper, pour in a half pint of boiling water. Cover the pan tight and stand it in a moderate oven. Let the chicken cook one hour, then lift the cover and pour in a half pint of cream. Cover it again and let it cook another hour. Then serve.

Mrs. G. F. Humbert.



CHICKEN CUTLETS WITH MUSHROOM SAUCE.

1 pint of diced cooked chicken.
4 tablespoonfuls of butter.
3 tablespoonfuls of flour.
1 cupful of milk.
1 teaspoonful of onion juice.
1 tablespoon of chopped parsley.
2 eggs.
Some fine bread crumbs.
1 cupful of cream sauce.
Half cupful of cooked mushrooms.
Salt and pepper to taste.

Blend the butter and flour together in a saucepan over the fire. Add the milk. Stir until it is boiling; then season with salt, pepper, parsley and onion juice. Add the chicken and spread on a platter to cool. When cold shape into meat cutlets, roll in the bread crumbs, dip in the eggs well beaten, toss again in the bread crumbs, and fry in plenty of smoking hot fat. Heat the cream sauce, and add the mushrooms to it. Serve hot with the cutlets. Veal may be substituted for the chicken.

Mrs. J. Johnston.



BOILED HAM.

Allow $\frac{1}{4}$ hour to each pound in boiling. First soak for 2 hours in cold water. Scrape it clean and saw off knuckle. Put into boiler with a pinch of sugar, a blade of mace, half dozen allspice, a sprig of thyme and a pint of poor wine. Cover with water and boil. Leave it in the liquid until cold. Then take off the rind, wipe with a clean cloth, and dot with cloves or cover with bread crumbs.

Mrs. Robert Lewers.



TO BOIL A PICKLED TONGUE.

Wash and put it into a saucepan and cover with cold water. Cut up one small onion, half carrot, a little celery, and a few allspice and add to water. Boil about 3 hours (to be sure it is done, run a fork through the center, and, if it is tender, it is finished). When cooked put in cold water and skin.

Mrs. Robert Lewers.



BOILED BRISQUIT OF BEEF.

One dollar's worth of brisquit.

Cover well with cold water in which a tablespoon of salt has been dissolved.

2 carrots.

2 large onions.

2 turnips (white).

Celery. Parsley—2 stalks.

Scrape vegetables and cut in dice $\frac{1}{2}$ inch square. Add to the brisquit and water. Add a couple of whole black peppers. Let stand half an hour. Simmer a couple of hours and then let boil. When meat is cooked, remove from water. Add $1\frac{1}{2}$ tablespoonfuls of washed rice to stock, and when this is cooked, skim and serve as soup. Thus you have two courses in 1 cooking.

Mrs. Arthur Wall.



STEAK A LA STANLEY.

A large steak cut 3 inches thick; broil. Spread a thin coating of mustard on steak when done. Split bananas and fry in butter. Have ready a white sauce made with a pint of milk, 3 tablespoonfuls of cornstarch, 1 tablespoon of butter. Put butter and milk in saucepan and when it bubbles, stir in the moistened cornstarch $\frac{1}{2}$ teaspoon of salt, $\frac{1}{2}$ teaspoon of pepper, 1 teaspoon of lemon juice. Garnish the platter with bananas, and pour sauce over the whole thing. Serve hot.

Mrs. Robert Lewers.



CHICKEN EN CASSEROLE.

Cut into joints 1 large or 2 small fowls, removing as many of the bones as possible and skin, if tough. Put 2 tablespoons olive oil, pork drippings or butter into frying pan. As soon as smoking hot, fill the pan—not too crowded—with the chicken, turning often till the flesh turns white. Do not allow it to brown. Lay on soft paper to drain while cooking the rest of the chicken. You may have to add more oil or butter (do it when there is no meat in the pan). Place chicken where it will keep hot; then prepare the sauce. Put 3 large spoonfuls of butter in the same pan. When melted, add 2 large spoonfuls of flour. As soon as blended and frothy, turn in 3 cupfuls veal or chicken stock (which can be made from the bones, cleaned feet and trimmings of the fowl), well seasoned with vegetables and soup herbs. Cook until smooth and thickened, strain into casserole, add the chicken, cover closely with oiled paper, adjust cover, bake in a moderate oven an hour or more dependent upon the age of the fowl. Game and veal can be cooked in the same way—salt and pepper to taste.

Mrs. A. Fuller.



JELLIED CHICKEN.

Boil a fowl until it will slip easily from the bones. Let the water be reduced to about one pint in boiling. Pick the meat from the bones, taking out all gristle and fat. Place in a wet mold. Skim the fat from the liquor; add a little butter, pepper and salt to taste, and one half ounce of gelatine. When this dissolves, pour it over the chicken and set in cool place to harden.

Mrs. John Walker.

JELLIED TONGUE.

Boil a good sized chicken until it slips from the bones. Take it out of the stock. When this is cool skim off the fat, add an onion, a stalk of celery, a few sprigs of parsley and a bay leaf to the stock and boil for an hour slowly. Strain it and return to the fire with the white and crushed shell of an egg, and bring to a quick boil. Remove the scum that rises. Put into a quart of the broth, a tablespoon of soaked gelatine. Then pour the broth through a cheese cloth—add salt and pepper to taste. Arrange in this, slices of cold boiled tongue, interspersing the tongue with sliced ripe olives and dice of pickles. The tongue is more satisfactorily arranged in a large mould than in small shapes. Instead of the chicken stock, you may use a can of consomme prepared with the same seasonings and gelatine.

Mrs. M. T. Clegg.



POTTED DUCK.

Cut in pieces, roll in flour, put some butter and lard in frying pan, and fry to a golden brown. Take from pan and put into a saucepan. Add a little boiling water, onion and salt and pepper to taste. When nearly done, add one tin of mushrooms, about half a dozen green olives cut in small pieces. A small chili pepper may be added if liked.

Mrs. John Walker.



BEEF LOAF.

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| 2 pounds of round steak ground up fine. | 1 teaspoonful pepper. |
| 2 eggs. | 1 cup cracker crumbs. |
| 2 teaspoonsful salt. | 1½ cups sweet milk. |

Mix thoroughly, cover with bits of butter and bake covered, 1½ hours.

Mrs. Guy Gere.



FRENCH LOAF.

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| 10 cents worth eastern cheese. | |
| ½ onion. | Salt. |
| 4 slices bacon. | Cayenne pepper. |

Fry bacon crisp, chop all together fine, split loaf French bread, remove soft part, fill with above mixture, put crumbs above, tie two pieces together and bake in hot oven about 15 minutes.

Mrs. A. Perry.



TRAYMORE TIMBALES.

(An appropriate entree for the Christmas dinner.)

Line slightly buttered tin moulds with canned pimentoes, and fill with chicken forcemeat. Set in a pan of hot water. Cover with buttered paper, and bake until firm. Remove from moulds to a hot serving dish. Insert a sprig of parsley in each and serve with brown sauce. For chicken forcemeat cook 2 tablespoonfuls butter, one-fourth of a cupful of stale bread crumbs and 2-3 of a cupful of milk for 5 minutes. Add 1 cupful of cold cooked chicken forced through a sieve and 2 eggs slightly beaten. Season with salt and pepper.

Brown sauce: Cook two tablespoonfuls of butter with a slice of onion and 1 slice of carrot until butter is well browned. Remove vegetables and add 3 tablespoonfuls of flour, salt and pepper. Pour one cupful of brown stock, and bring to a boil. Pour around timbales and serve.

Mrs. J. Johnston.



A GERMAN RAGOUT.

1 parboiled beef kidney.	1 tablespoon butter.
1/2-lb hamburger steak.	1 tablespoon flour.
1 tin small sausages.	1 onion chopped.
1 tin mushrooms.	1 cup of good stock.

Cut the kidney into very small pieces. Make the hamburger steak into small balls (about as large as a quarter—with one egg and a few fine bread crumbs).

Fry the onion in butter, add the kidney (which has been boiled until tender); thicken this with flour and butter; season well. Add sausages cut in inch pieces, meat-balls and mushrooms. Cook 10 minutes and serve on toast. (Good lunch dish.)

Mrs. Ernest Kopke.



PORK SAUSAGE BALLS.

Take a 5 cent loaf of old bread, soak well in cold water, squeeze out all the water and put into a dish. Add one teaspoonful of salt, 1/2 teaspoonful pepper, 6 onions, medium size, cut very fine, 2 eggs and 2 pounds of pork ground very fine. Beat well until well mixed, then make with your own hands into flat balls and fry to a crisp brown on a slow fire.

Mrs. John Lucas.



KIDNEY BROCHE.

All measurements level.

1 veal kidney.

1/2-lb. bacon (sliced thin and cut into inch squares).

Method—Put kidney in cold water for one hour. Cut out tubes and fat. Dry on towel, then cut in small, thin pieces and run on skewers alternately with bacon. Broil in hot pan with a tablespoon soft butter. Serve on pieces of hot buttered toast.

Mrs. James Crockett.



HAM IN RAMEKINS.

Line buttered ramekins with finely minced ham. Beat to stiff froth the whites of as many eggs as there are ramekins, and fill with same. Drop a yolk into the center of each ramekin. Sprinkle with grated cheese and paprika. Set ramekins in a pan of boiling water in oven. Bake and serve hot.

Mrs. L. McAfee.



BEEF SOUFFLE.

(A good luncheon dish)

1 cup cream sauce seasoned with chopped onion, parsley and mushrooms, salt and pepper to taste. Stir in one or more cupfuls of

chopped veal, beef or chicken. While the sauce is hot add beaten yolks of 2 eggs. Cook a few minutes, set away, when ready to use, add whites beaten to a stiff froth. Bake in buttered dish, serve with rich cream sauce. If wished, leave the mushrooms out of meat and add to the sauce.

Mrs. A. Fuller.



MUTTON OR VEAL WITH POACHED EGGS.

Mince cold meat free from fat or gristle, season with salt and pepper and a little mushroom sauce. Place it over the fire with a little good stock, make hot but do not boil. Mash smoothly some hot potatoes and mix with a little milk and butter, make a wall of them around a platter, put the mince in the center and lay poached eggs on top garnished with parsley.

Mrs. Andrew Fuller.



GERMAN OMELET.

Make a plain omelet—four eggs beaten very light, 1 cup of milk, 1 soda cracker rolled fine; fry in very hot butter, turn one-half over the other.

Cut up cold beef, or better still, cold beef steak, until you have a good cupful.

1 cup good stock.

1 tin of mushrooms.

1 tablespoon butter.

1 chopped onion.

1 tablespoon of flour.

Pepper and salt.

Brown the butter, fry the onion, add flour and stock. When thick, season well and add beef and mushrooms. Put omelet on hot dish and pour the meat mixture over.

Mrs. Ernest Kopke.



RABBIT FRICASSE.

Disjoint a rabbit and thoroughly dry; then dredge with flour and fry a golden brown. Have a saucepan with a pint of stock heated to boiling point ready. Drop in the pieces of rabbit and let simmer on the back of the range. Season with salt and pepper just before serving. Pour into the rabbit fricassee $\frac{1}{2}$ pint of cream; let it come to a boil and serve with new potatoes.

Mrs. A. E. Murphy.



NOODLES.

To make fresh noodles, put a cup full of flour on a platter. Make a hollow in the center, drop in 2 well beaten eggs, 2 table-spoonsful of cold water, a pinch of salt, and a half a teaspoonful of soft butter. With the fingers gradually work the ingredients into a rather stiff paste, adding more flour if necessary. When done it should not adhere to the hands. Divide into quarters, and roll each lump out into a large sheet. Let it stand for a moment or two, then roll thinner, until the sheet shows signs of breaking. Now cut the sheet into long strips 2 inches wide. Lay several strips on top of one another and, with a sharp knife, cut as fine as possible. Shake the pieces apart and spread on a board to dry. As the quantity given is enough for several meals, put aside enough for the day, and let the remainder dry on the warming shelf; then put away for future use.

Sprinkle the quantity required in a kettle of rapidly boiling salted water, and boil for 15 minutes. Drain. Return to the fire and stir through them 2 tablespoonfuls of butter, a pinch of salt and pepper. 3 tablespoonfuls of grated cheese. Serve as soon as the cheese is melted.

Mrs. G. F. Humbert.



CHAFING DISH RECIPES

WELSH RAREBIT.

1 cup grated cheese.

1 cup bread crumbs.

3 eggs.

4 teaspoons mustard.

1 teaspoon Worcestershire sauce.

Salt and pepper to taste.

Method: Pour a little boiling water over bread crumbs to soften. Stir well and add cheese, eggs, salt and pepper and mustard (mix mustard with 1 tablespoon water). Butter chafing dish and pouring above mixture. Set over slow fire and stir until creamy. Add round- ing tablespoon butter and serve on toasted crackers.

Mrs. James Crockett.



WELSH RAREBIT.

1 cup New York cream cheese grated.

$\frac{3}{4}$ cup bread crumbs.

1 cup milk.

1 tablespoon butter.

1 egg.

Melt butter and cheese. Add bread crumbs (soak 1 hour in the milk), egg and season to taste.

Mrs. Harry Wilder.



CHAFING DISH RECIPE.

Scramble as many eggs as needed. Add a tin of mushrooms and a tin of pimientoes, salt and pepper to taste. Add a little cream or butter to the eggs. Serve on crackers or toast.

Mrs. Andrew Fuller



LOBSTER A LA NEWBERG.

1 lobster.

1 cup of cream.

Red pepper.

2 tablespoonfuls of butter.

Yolks of 3 eggs.

3 tablespoonfuls of sherry.

Salt.

Cut lobster in small slices with a silver knife. Put it in the blaze with the butter. Season with salt and a dash of red pepper. Pour in the sherry. Cover the pan and cook 5 minutes. Mix the beaten eggs with the cream and pour it on the lobster. Serve as soon as it boils.

Mrs. G. F. Humbert.



APPETIZERS

DEXTER CANAPE.

Cut stale bread in $\frac{1}{4}$ inch slices; then in oval shapes. Toast on one side and spread untoasted side with butter and anchovy paste

Cover each with a slice of tomato, cut same size as bread; spread tomato with mayonnaise dressing and sprinkle with hard-boiled eggs chopped fine.

Miss Julie McStocker.



PAPAYA COCKTAIL.

2 cups of diced papaya.

$\frac{1}{4}$ cup water.

$\frac{1}{2}$ cup sugar.

Juice of 1 lemon.

Stew papaya with sugar, water and lemon juice half an hour. Put in ice and when cold serve in sherbet glasses. *Miss Julie McStocker.*



CUCUMBER COCKTAIL.

Peel and cut cucumbers in small squares and cook in salted water until tender. Place on ice until ready to serve. Serve with cocktail sauce.

Miss Julie McStocker.



SHADDOCK.

Remove pulp of the shaddock from bitter white tissue and chill thoroughly. Pour over the shredded pulp the juice of sweet oranges with sugar and sherry to taste, add shaved ice and serve in sherbet cups as a forerunner for luncheon.

Shredded pineapple either fresh or slightly cooked and chilled may be added to shaddock with good results. *Mrs. Walter Frear.*



SALADS

SHADDOCK SALAD.

Remove the pulp of the fruit from the surrounding white tissue which is very bitter. Chill thoroughly and then serve in the following ways:

1. Shred pulp and place in cups of tiny lettuce leaves, each with a spoonful mayonnaise dressing on top, and a walnut meat in the center, or

2. Mix the shredded pulp in a large salad bowl with French dressing made at the table and serve with lettuce.

Mrs. Walter F. Frear.



COTTAGE CHEESE AND NUT SALAD.

Work a little cream, pepper, salt, chopped nuts and chopped olimentos into cottage cheese. Shape into balls with butter paddles and serve with French dressing on lettuce leaves. *Mrs. M. T. Clegg.*



CUCUMBER SALAD.

Peel and cut in 2-inch lengths. Boil in salted water until tender. Drain and set on ice. When ready for use remove the centers and fill with mayonnaise dressing and finely chopped walnuts.

Miss Julie McStocker.

TOMATO JELLY.

1 envelope Knox's gelatine soaked in $\frac{1}{2}$ cup cold water.

1 quart tin of tomatoes. Dash of cinnamon.

$\frac{1}{2}$ onion (chopped). Dash of nutmeg.

2 tablespoons vinegar. $\frac{1}{2}$ teaspoon mustard.

2 tablespoons salt. 1 teaspoon Worcestershire.

2 tablespoons sugar. Dash of tobasco and cayenne.

$\frac{1}{2}$ teaspoon powdered cloves.

Boil tomatoes, onion, salt and sugar about fifteen minutes.

Force through a sieve, add seasoning, spices and vinegar. Then the gelatine (when mixture is still hot). Put in molds to harden.

Mrs. A. Hocking.



PRUNE SALAD.

1 lb. prunes. $\frac{1}{4}$ teaspoon of cinnamon.

$\frac{1}{2}$ pint cold water. 2 bay leaves.

Juice 2 lemons. $1\frac{1}{2}$ cups sugar.

$\frac{1}{2}$ pint claret or hot water. Rind of 1 lemon.

Soak prunes 12 hours in 2 quarts of water, drain, add other ingredients and boil slowly for 30 minutes. After removing stones, bay leaves and lemon rind mix thoroughly with one package of gelatine previously soaked in one half cup of cold water. Mold, slice and serve with whipped cream.

Mrs. M. T. Clegg.



PERFECTION SALAD.

$\frac{1}{2}$ box gelatine. Juice of 1 lemon.

$\frac{1}{2}$ cup cold water. $\frac{1}{2}$ cup diced cucumbers.

$\frac{1}{2}$ cup vinegar. 1 cup chopped olives.

1 pint boiling water. 1 cup diced celery.

1 teaspoon salt. $\frac{1}{4}$ can pimentos.

Soak gelatine in cold water $\frac{1}{2}$ hour. Dissolve in pint of hot water to which add the rest of the ingredients. Put in molds and set on ice to harden. Serve with mayonnaise.

Mrs. M. T. Clegg.



RUSSIAN SALAD.

1 cup of stiff mayonnaise. 1 chopped bell pepper.

4 tablespoonfuls of chili sauce. Dash of paprika.

1 lemon (juice).

Serve on crisp lettuce leaves that have been on ice for an hour.

Mrs. Hannah Palmer.



HOT POTATO SALAD.

Take $\frac{1}{4}$ lb. very fat bacon, freed from rind and bone. Cut in slices, then in dice. Put in a frying pan and heat slowly until the fat is well drawn out and the dice golden brown. Skim out the bacon, add 1 tablespoonful of onion cut fine—more if the onion flavor is liked,—and cook slowly until colored. Add one half as much vinegar as there is fat in the pan, a dash of cayenne, and one half as much good stock as there is vinegar. Have ready about

3 cupfuls of freshly cooked, diced potatoes, which have been kept hot in a steamer. Turn them into the frying pan, and stir carefully, that they may absorb the dressing evenly. Add the diced bacon, and turn at once on a heated platter, garnishing with water cress.

Mrs. G. F. Humbert.



DRESSINGS

BOILED MAYONNAISE.

Yolks of 3 eggs.

Dash of cayenne.

$\frac{1}{2}$ teaspoon of salt.

3 tablespoons of oil.

$\frac{1}{2}$ teaspoon of sugar.

6 tablespoons of cream.

1 flat teaspoon dry mustard.

3 tablespoons of vinegar.

Pour all the ingredients into a bowl. Beat well and put in top of kettle to steam. Stir until thick. Remove from the stove and let cool. Especially good for people who like well seasoned food.

Mrs. A. Hocking.



MAYONNAISE DRESSING.

Put the yolk of 1 egg into a small bowl. Use a small Dover egg beater, and beat thoroughly. Then add about 1 teacupful of olive oil a little at a time, vinegar or lemon to suit the taste. Add pepper and salt last.

Mrs. John Walker.



COLD SLAW DRESSING.

Get bowl that fits in top of kettle. Beat in this 2 eggs, 4 table-spoonfuls of water and 4 of vinegar (mixed before added to the egg), an even teaspoon each of salt and sugar, and a teaspoonful of butter. Put this over a kettle and stir until thick. Strain. Can be used hot or cold.

Mrs. Robert Lewers.



COOKED CREAM SALAD DRESSING.

Mix 1 teaspoon mustard, $1\frac{1}{2}$ teaspoons of salt, 2 teaspoons sugar and a dash of paprika and 1 tablespoon butter. Melt over hot water and add the well beaten yolks of 3 eggs and $\frac{1}{4}$ cup of vinegar. Stir constantly and lift from hot water to avoid over cooking. When slightly thickened remove from fire and when cool add 1 cup cream beaten stiff. This will do for all kinds of salads.

Mrs. James Crockett.



CHEESE DRESSING FOR LETTUCE.

Mash together the yolk of 1 hardboiled egg and a piece of Roquefort cheese the size of an egg. (Cut down amount of cheese to taste.) Add $\frac{3}{4}$ teaspoonful of paprika.

1 teaspoonful powdered sugar.

4 teaspoonfuls vinegar.

$\frac{3}{4}$ teaspoonful Worcestershire sauce.

$\frac{1}{2}$ cupful of olive oil.

$\frac{1}{4}$ cupful thick, sweet cream.

A little salt.

Mrs. St. C. Sayres.

STUFFING FOR FOWL.

To about 3 cupfuls of dry bread-crumbs, add 1 large onion chopped very fine. Use enough butter to moisten this thoroughly; add salt and pepper, a little sage to suit the taste, parsley and thyme.

Mrs. John Walker.



FRENCH DRESSING FOR PLAIN LETTUCE SALAD.

1 scant salad spoon of oil.	1 dash red pepper.
1 coffeespoon of vinegar.	$\frac{1}{2}$ mustardspoon of mustard.
$\frac{1}{2}$ teaspoonful of salt.	Worcestershire sauce, 1 or 2 drops.
4 dashes of black pepper.	Tomato catsup, 1 or 2 drops.

Mix in salad spoon and pour on to lettuce hearts. Mix same proportions again of oil and vinegar, and add to lettuce. Repeat it necessary to make enough dressing. Shake the lettuce. Some like to have the bowl rubbed with garlic previous to putting in the lettuce.

Mrs. Arthur Wall.



WHITE SAUCE.

1 pint of milk.	3 tablespoonfuls of cornstarch.
1 tablespoon of butter.	

Put butter and milk in sauce pan, and when it bubbles stir in the moistened cornstarch, $\frac{1}{2}$ teaspoon of salt, $\frac{1}{2}$ teaspoon of pepper, and 1 teaspoon of lemon juice.

Mrs. Robert Lewers.



VEGETABLES

HINTS ON PREPARING VEGETABLES.

If new potatoes are mealy and you wish to serve them whole, pour in a cupful of cold water after they have boiled about ten minutes.

When boiling macaroni or anything of like nature, grease the saucepan with a little butter to prevent sticking.

Always let water boil before putting in the vegetables, and continue to boil until done.

Onions should be boiled in two or three waters; adding milk the last time.

String beans should be boiled one hour.

Beets should be boiled from one to two hours.



BREADED ASPARAGUS.

1 large tin asparagus.	1 pint milk.
2-lbs. butter.	1 teaspoonful salt.
4 eggs.	$\frac{1}{2}$ pint bread crumbs.
2 lbs. flour.	

Boil the eggs hard, remove the shell and chop fine. Rub the butter and flour, put on the stove and add milk, stir until boiling, add salt and pepper, mix with eggs.

Cut asparagus into 1-inch lengths; put a layer of asparagus on the bottom of baking-dish, then a layer of sauce, then layer of bread-crumbs, etc., having on top a layer of bread-crumbs. Put in a pan of warm water and bake 15 minutes. *Mrs. C. Livingston.*



BAKED POTATOES AND EGGS.

Bake 6 potatoes. Remove the potatoes, mash and season. Use plenty of milk, 2 tablespoonfuls of butter, salt, paprika and grating of nutmeg. Half fill the potato shell with the mixture and arrange in a baking-pan.

Take 6 eggs, break and slip one into each potato case. Cover with grated cheese and buttered bread crumbs and bake in a moderate oven until brown, and the egg set. *Mrs. C. Livingston.*

CAULIFLOWER TIMBALE.

(To serve as an entree.)

1 cup cold boiled cauliflower pressed through a sieve.

1-3 cup grated bread crumbs.

2 whole eggs and yolk of another beaten until whites and yolks are thoroly mixed.

$\frac{1}{2}$ teaspoon salt.

2 tablespoons melted butter.

Dash of pepper.

$\frac{1}{2}$ cup of milk.

Mix thoroughly and turn into buttered molds, the bottoms of which have been lined with white paper. Let these cook standing in pan of hot water on several folds of paper. Cook until firm in center. Serve turned from molds with drawn butter or Hollandaise and tomato sauce. This will serve eight. Cheese can be added to this recipe if wanted. *Mrs. Arthur Wall.*



CORN AND TOMATOES.

Grate 1 dozen ears of cooked corn, season with pepper, salt and butter and warm in a very little cream. Prepare a tomato jelly and line small molds with it; fill up with the corn, cover with jelly and set on ice to chill. Garnish with parsley. *Mrs. C. Livingston.*



SPAGHETTI, MILANESE STYLE.

$\frac{1}{2}$ lb. spaghetti or macaroni.

1 can of tomatoes.

$\frac{1}{4}$ lb. of cold boiled ham.

2 sprigs of thyme and parsley.

1 lb. grated Parmesan cheese.

1 bay leaf.

1 onion.

Salt, pepper and cayenne.

Boil the spaghetti in water and salt. When tender, drain through colander. While this is boiling, put a tablespoon of butter in a saucepan, and as it melts, add the grated onion. Let this brown, and add the ham minced fine. Let this brown and add minced cloves or garlic and herbs. Add immediately the tomatoes. To this as it stews, add the grated cheese. Let all stew about ten minutes. Then add the spaghetti or macaroni, and let all simmer gently about twenty minutes longer. Serve hot, and pass at the same time a small plate of grated Parmesan cheese. *Mrs. L. McAfee.*

ZWIEBEL KUCKEN.

4 good sized onions, cut fine; put large piece butter in pan; add onions; $\frac{1}{2}$ cup hot water. Cook slowly until very tender. Let cool, then add 3 well beaten eggs, $\frac{1}{2}$ cup cream, $\frac{3}{4}$ cup milk and a little salt. Make a rich pie crust; line bottom and sides of pan (no top crust), baste sides with egg, put in filling and bake until brown.

Mrs. A. Perry.



STEWED EGG-PLANT.

(Aubergines a la Creole.)

3 egg plants.

2 onions.

$\frac{1}{2}$ can of tomatoes.

1 tablespoon of butter.

1 square inch of ham.

Salt and pepper to taste.

2 cloves of garlic.

Parboil the egg plant for about 30 minutes. Take out of the boiling water and let cool slightly. Then skin and cut into pieces $\frac{1}{2}$ an inch square. Chop 2 onions very fine. Take 1 tablespoon of butter and brown onion in it. As it browns add the tomatoes (6 fresh tomatoes chopped fine will do). Add the ham chopped very fine. Add the cloves of garlic minced well. Season with salt and pepper. Let this simmer for 3 or 4 minutes and add the egg plant. Let all cook smothering slowly and well. Keep tightly covered and stir often to prevent burning. Season again to taste. After it has cooked for half an hour, serve very hot. This is a splendid dish, and was first the production of a Creole cuisinier.

Mrs. L. McAfee.



PEPPERS AND CHEESE.

Remove hot parts from peppers. Put in timbale form. Fill with cooked spaghetti, cheese and butter. Cook 20 minutes. Serve with a cream sauce with a little sherry in it.

Mrs. Ormond Wall.



BAKED TOMATOES.

Peel the tomatoes, hollowing out a small place in the center of each. Place in a pudding dish, seasoning each with salt, pepper and butter, and a sprinkling of brown sugar. Cover with a lid and bake half an hour. Remove the lid and brown 10 minutes. Just before serving, pour over the top 3 tablespoonfuls of whipped cream with melted butter.

Mrs. G. F. Humbert.



CANDIED SWEET POTATOES.

Boil the quantity required whole and with the skins on. When tender, remove from the fire and peel. Slice. Put in a shallow baking tin, sprinkle with sugar, dot with butter and cover with sherry. Have a hot oven and leave them in until the wine has cooked away.

Mrs. G. F. Humbert.



NUT CROQUETTES.

One teaspoon of finely chopped onions fried in one tablespoon of butter. Add to this 1 pint of sweet milk, 1 cup of bread-crumbs, 4

Twenty

beaten eggs, lastly one pint of chopped mixed nuts. Season with a dash of lemon; cook till thick enough to make into shapes and fry.

Mrs. J. Johnston.



PEA TIMBALES.

Press through a sieve fresh or canned peas until you have a cup full. Add 2 beaten eggs, a drop or two of onion juice, a quarter of a cup of rich white sauce, 2 tablespoonfuls of melted butter, salt and cayenne to taste. Beat well, put into small moulds, and bake in a pan of water till they are set. Serve as a vegetable course at dinner.

Mrs. J. Johnston.



CORN PUDDING.

6 ears of fresh corn.

3 eggs well beaten.

2 cups of fresh milk.

Salt and pepper to taste.

Beat the eggs, add to milk and corn, add seasoning, and bake in a buttered pudding dish from half an hour to an hour.

Mrs. Robert Lewers.



CHEESE DISHES

CHEESE TIMBALES.

2 tablespoonfuls of butter.

$\frac{1}{2}$ lb. grated cheese.

2 tablespoonfuls of flour.

Salt and paprika.

$\frac{1}{2}$ cup cream.

3 whole eggs.

$\frac{1}{2}$ cup of milk.

4 yolks of eggs.

$\frac{1}{2}$ cup of white stock.

Make a sauce of the butter, flour and liquid; in this melt the cheese, and add the seasonings and the eggs beaten until well mixed. Bake in very small timbale molds, standing on a folded paper in a pan of hot—not boiling—water. Let cook until the centers are firm. Serve hot with cream or tomato sauce. If desired more firm, use but $\frac{1}{4}$ of a cup of stock.

Mrs. F. Smith.



CHEESE STRAWS.

8 tablespoons of grated cheese.

1 teaspoon baking powder.

8 tablespoons of flour.

1 teaspoon salt.

1 beaten egg.

$\frac{1}{4}$ teaspoon paprika.

3 tablespoons melted butter.

Mix and roll. Then cut into straws and bake. *Mrs. E. Kopke.*



CHEESE CROQUETTES.

3 tablespoons of butter.

2-3 cup of milk.

$\frac{1}{4}$ cup of flour.

Yolks of 2 eggs.

Make a white sauce of butter, flour and milk, add unbeaten yolks, salt and pepper and stir until cool. Shape into balls, roll in egg and cracker crumbs and fry in deep fat.

Mrs. M. T. Clegg.

CHEESE PUDDING.

- | | |
|------------------------------|--------------------------------------|
| 2 eggs. | $\frac{1}{2}$ lb. grated cheese. |
| 1 pint milk. | $\frac{1}{2}$ lb. soft bread crumbs. |
| $\frac{1}{2}$ teaspoon salt. | Pinch of baking soda. |

Put all in pudding dish, place pudding dish in another pan of hot water and bake 20 to 30 minutes.

Mrs. James Crockett.



FANCY AND BREAKFAST BREADS

WALNUT BREAD.

- | | |
|---------------------------|------------------------------|
| 1 egg. | $\frac{1}{2}$ teaspoon salt. |
| $\frac{1}{2}$ cup sugar. | 4 teaspoons baking powder. |
| $1\frac{1}{2}$ cups milk. | 1 cup chopped walnuts. |
| 4 cups flour. | |

Put in bread tins and let stand in warm place 30 minutes. Then bake in slow oven one hour.

Mrs. Will Wall.



RAISIN AND ORANGE LOAF.

Set bread batter by any good recipe. Let rise at least one hour; then set aside 1 quart for orange loaf. Add:

- 1 cup sugar.
- 1 heaping tablespoonful butter or lard.
- 2 eggs.
- 1 cup seeded raisins.
- 1 cup shredded orange peel.

Enough flour to knead easily. Mould into loaf and let it rise to double its size. Bake one hour in slow oven.

Miss Margaret Dietz.



NUT BREAD.

- | | |
|----------------|----------------------------------|
| 1 egg. | $1\frac{1}{4}$ cups milk. |
| 4 cups flour. | 1 tablespoon melted butter. |
| 1 cup walnuts. | 1 level teaspoon salt. |
| 1 cup sugar. | 4 level teaspoons baking powder. |

Mrs. Ormond Wall.



BROWN BREAD.

- | | |
|---------------------------------|---------------------------------|
| 2 cups sour milk. | 4 cups whole wheat flour. |
| 1 cup molasses. | 1 cup seeded raisins (floured). |
| $\frac{1}{2}$ teaspoonful salt. | 1 level teaspoonful soda. |

Mix milk, molasses, salt, flour, then add the soda already dissolved in a little of the sour milk. Then the raisins. Bake in a moderate oven for about one hour and a half. Bake in baking-powder tins and fill each tin not more than half full.

Mrs. Chester Livingston.



BROWN BREAD.

- | | |
|-----------------------------|-----------------------------------------------|
| 2 cups graham flour. | $\frac{1}{2}$ teaspoonful salt. |
| $\frac{1}{2}$ cup molasses. | $\frac{1}{2}$ cup of raisins chopped. |
| 1 cup sour milk. | $\frac{1}{2}$ cup of English walnuts chopped. |
| 1 teaspoonful soda. | |

Bake in a slow oven 1 hour. The nuts and raisins may be omitted, or only one used, according to taste.

Mrs. Guy Gere.

BOSTON BROWN BREAD.

- | | |
|----------------------|-------------------------------------------------|
| 1 cup of corn meal . | $\frac{3}{4}$ cup molasses. |
| 1 cup rye flour. | $\frac{1}{2}$ teaspoon of bi-carbonate of soda. |
| 1 cup graham flour. | A pinch of salt. |
| 1 cup sweet milk. | A few raisins. |
| 1 cup sour cream. | |

If mixture is put into two tins, boil 3 hours. If into 1 tin, boil 4 hours.

Mrs. Gerrit Wilder.



BAKED BROWN BREAD.

- | | |
|-----------------------------|--------------------------------|
| 4 cups whole wheat flour. | 1 heaping teaspoonful of soda. |
| 1 large cupful of molasses. | 1 heaping teaspoonful of salt. |
| 2 cupfuls sour milk. | |

Bake $1\frac{1}{2}$ hours in a slow oven in covered tins.

Mrs. St. C. Sayres.



BROWN BREAD.

- | | |
|----------------------|---------------------------------------|
| 3 cups Graham flour. | 1 cup molasses. |
| 1 cup white flour. | 1 teaspoon soda. |
| 1 teaspoon salt. | $2\frac{1}{2}$ cups thick, sour milk. |
- Put in 1 lb. baking powder tins and steam $3\frac{1}{2}$ hours.

Mrs. Will Wall.



JENNY BROWN GINGER BREAD.

- | | |
|------------------------------|----------------------------------|
| 1 egg. | $1\frac{1}{2}$ cups of flour. |
| $\frac{1}{2}$ cup molasses. | $\frac{1}{2}$ teaspoon cinnamon. |
| $\frac{1}{2}$ cup sugar. | $\frac{1}{2}$ teaspoon cloves. |
| $\frac{1}{2}$ cup sour milk. | $\frac{1}{2}$ teaspoon ginger. |

1 teaspoonful bi-carbonate of soda.

1-3 cup of butter, melted and stirred in last very vigorously.

Mrs. Wells Peterson.



SOFT GINGERBREAD.

- | | |
|------------------------------------------|-------------------------------|
| $\frac{1}{2}$ cup sugar, white or brown. | 1 teaspoonful ginger. |
| 1 large tablespoonful butter. | 1 teaspoonful cloves. |
| 2 eggs. | $2\frac{1}{2}$ cups of flour. |
| 1 cup molasses (New Orleans). | |

After this is mixed add 2 teaspoonfuls of soda, dissolved in 1 cup boiling water. Bake in a hot oven about 10 minutes.

Mrs. G. Gere..



CORNBREAD.

- | | |
|-----------------------------------|------------------------------------|
| 1 cup yellow cornmeal. | Butter the size of a small egg. |
| $1\frac{1}{2}$ cups sifted flour. | $1\frac{1}{2}$ cups of sweet milk. |
| 2 tablespoons of sugar. | Yolks of 2 eggs. |
| 2 teaspoons of baking powder. | |

Add the whites of the eggs beaten to a stiff froth, and beat as fast as possible for a minute. Pour the dough into a warm, well-buttered pan and bake quickly and steadily for half an hour. The dough should be as soft as gingerbread dough.

Mrs. A. Murphy.

BEATEN BISCUIT OR CRACKER BISCUIT.

(Old Southern Recipe.)

Sift $1\frac{1}{2}$ pints of flour twice, work into flour lard about the size of a walnut, half teaspoon (flat) of salt, using enough ice water to hold together. Knead for 20 minutes,—let rest for 20 minutes, then knead hard for 25 minutes, making altogether 45 minutes' kneading. It will be smooth and soft. Roll about half an inch thick, and cut biscuit and stick with a fork. *Mrs. Wm. Hobdy.*



BRAN BISCUIT.

2 cups Ralston prepared bran.
1 cup white flour.
3 tablespoons New Orleans molasses.
1 egg well beaten.
1 tablespoon butter or crisco, salt to taste, and milk to make not too stiff a batter. Bake in moderate oven. *Mrs. A. Perry.*



SOUR MILK GRIDDLE CAKES.

To 1 cup of thick sour milk add $\frac{1}{2}$ teaspoon soda first dissolved in little hot water. Beat till it foams. Add 1 beaten egg, $\frac{1}{4}$ teaspoonful of salt and flour enough to fry nicely. If 2 cups of milk are used, 1 egg is still enough, but 1 whole teaspoon of soda is necessary. *Mrs. Wells Peterson.*



WAFFLES.

$1\frac{1}{4}$ cups of flour. 2 eggs.
2 tablespoonfuls bkg. powder. 1 cup of sweet thick cream.
 $\frac{1}{4}$ teaspoonful of salt.
Add the beaten yolks with the cream to the dry ingredients; then the whites of the eggs, beaten dry. Bake at once. *Mrs. Fred Smith.*



POPOVERS.

1 cup of milk. 1 cup of flour.
2 eggs. $\frac{1}{2}$ teaspoonful of baking powder.
A little salt.
This will make 1 dozen cakes. One tablespoonful to each patty pan and bake in a hot oven. *Mrs. John Lucas.*



POPOVERS.

1 cup milk. 1 egg.
1 cup flour. A little salt.
Break egg into mixing bowl. Add milk, salt and flour. Beat 2 or 3 minutes. Have pans hot. Bake 30 minutes. *Mrs. Harry Wilder.*

MUFFINS.

1½ cups flour.

½ teaspoon salt.

1 tablespoon sugar.

2 teaspoons baking powder.

1 egg.

1 cup milk.

2 tablespoons melted butter.

Sift dry ingredients. Add part of the milk and egg; then remainder of milk and melted butter. Bake 25 to 30 minutes in hot gem pans.

Mrs. Harry Wilder.



MUFFINS.

Take 1 teacupful of milk, add 2 beaten eggs, ½ cupful of sugar, 2 tablespoonsful of melted butter, then sift in 3 teacupfuls of flour to which has been added 3 teaspoonfuls of baking powder. Stir all together, beat two minutes and bake in quick oven in gem pans.

Miss Julie McStockler.



TEA MUFFINS.

1 tablespoon butter.

½ cup sugar.

1 cup milk.

2 cups flour.

2 teaspoons baking powder.

¼ teaspoon of salt.

1 egg.

Rub butter and sugar together. Add egg, milk and sift in flour, baking powder and salt. Bake in moderate oven.

Mrs. A. Hocking.



YEAST POWDER BISCUITS.

4 tumblers of flour.

2 heaping teaspoons of yeast powder.

A pinch of salt. Sift dry ingredients well.

1 heaping tablespoon of butter cut into the flour.

1¼ tumblers of sour milk.

1 teaspoon of soda into the milk.

Mix with a spoon. Have board well floured. Sprinkle flour on top of dough. Roll and cut.

Mrs. Robert Lewers.



SANDWICHES

NUT SANDWICHES.

(for 4 dozen.)

½ lb. seeded raisins.

¼ lb. chopped walnuts.

Put through the meat-grinder and moisten with sherry. Spread on thin slices of buttered bread.

Mrs. A. Hocking.



CHEESE SANDWICH.

Cream a ½ lb. or as much as required of Roquefort cheese with butter and mayonnaise. Add Worcestershire sauce, paprika and 2 or more tablespoons of sherry. Spread thinly on sandwich bread.

Mrs. A. Hocking.

CHEESE SANDWICH.

Make a paste of cream cheese, and add sliced olives, chopped nuts or chopped chow-chow. Spread. *Mrs. A. Hocking.*



NORWEGIAN SANDWICH.

1/2 cup mayonnaise. 2 teaspoons anchovy paste.
3 hard-boiled eggs finely chopped.

Mix eggs with paste and gradually stir mayonnaise into the mixture. Spread on rye bread. *Mrs. A. Hocking.*



PIMIENTO SANDWICH.

Pour a can of pimientos into a colander and mash with a potato pestle to get the oil thoroughly out and the pimientos softened. Then mix with a good mayonnaise dressing and spread. *Mrs. A. Hocking.*



ALLIGATOR PEAR SANDWICH.

Slice the pear and mix with chopped chili peppers and mayonnaise. Cayenne may be used in place of chili peppers. Place between thin slices of buttered bread. *Mrs. A. Hocking.*



CHEESE SANDWICHES.

Take a small quantity of New York cheese, grate or mash to a paste. Cream with a teaspoon of butter, a scant tablespoon of cream, salt, cayenne, mustard and Worcestershire sauce. If not soft enough add mayonnaise. Cut bread thin; spread with cheese, cover with piece of lettuce from which the hard center has been taken, and put sandwich together. This is especially good with brown bread.

Mrs. A. Wall.



CAVIAR SANDWICH.

Mix the contents of a tin of caviar with mayonnaise and chopped onion and spread on bread. *Mrs. A. Hocking.*



CHUTNEY SANDWICH.

A good home-made chutney spread between slices of buttered bread makes a delicious sandwich. *Mrs. A. Hocking.*



CHOW-CHOW SANDWICH.

Drain a cup of chow-chow of most of the juice. Chop up in fine bits, mix with mayonnaise and spread. *Mrs. A. Hocking.*



OLIVE SANDWICH.

Chop the contents of a small bottle of stuffed olives. Mix with chopped nuts and mayonnaise. Spread. *Mrs. A. Hocking.*

EGG SANDWICH.

Cream hard-boiled eggs with mayonnaise. As it is spread on each sandwich, squeeze a few drops of fresh onion juice over egg mixture. This is particularly good.

Mrs. A. Hocking.



CHEESE PASTE FOR SANDWICHES.

Mash 1 pound of New York cheese to a paste, add $\frac{1}{2}$ cup butter, 1 cup chopped nut meats, $\frac{1}{4}$ cup salad oil, tabasco sauce and Worcestershire to taste and spread on thinly. Slice white and brown bread alternately with pimientos instead of cheese for a change.

Mrs. A. E. Murphy.



GINGER SANDWICH.

Chop a cup of preserved ginger into fine bits and moisten with sherry. Spread thinly on buttered bread.

Mrs. A. Hocking.



CHICKEN SANDWICH.

2 cups chopped chicken. $\frac{1}{2}$ cup walnuts.

3 tablespoons cucumber pickles, chopped fine.

Mix with boiled salad dressing into smooth paste. Spread between slices of buttered bread..

Mrs. A. Hocking.



CELERY SANDWICH.

1 cup celery.

12 stoned olives.

3 tablespoons English walnuts.

Chop ingredients fine and moisten with mayonnaise to a paste.

Mrs. A. Hocking.



BOHEMIAN CLUB CHEESE SANDWICH.

1 lb. New York cream cheese.

1 teaspoon mixed mustard.

4 tablespoons vinegar.

4 tablespoons Worcestershire sauce.

Piece butter size of walnut.

Cream cheese and butter together; add mustard, then vinegar, Worcestershire sauce, salt and pepper.

Mrs. A. Hocking.



CAKES

HINTS ON CAKE MAKING.

Measure or weigh all ingredients.

Always sift flour before measuring, add baking powder, and sift again.

Prepare pans before mixing the dough.

If butter is too hard warm in a bowl.

Order of mixing: Cream butter and sugar gradually with a wooden spoon; add well beaten yolks of eggs; add a little flour, then

alternate with milk until all is in; fold in stiff whites and Vanilla and beat well.

To fill pans. Lard is better than butter to grease pans. Sprinkle a little flour and shake it from side to side to cover all of the pan. If you use paper, cut it, fit it, and grease it. In filling the pans, draw the batter to the side so that it won't rise in the middle. In sponge cakes it is not necessary to grease.

In baking, small cakes should be in about thirty minutes. It is well to start baking at a temperature of 380 degrees. Never let it go above 420 degrees. Practical test; put in a piece of writing paper; if it turns brown in four minutes, the oven is all right; if it takes three minutes, oven is too hot, and if five, oven is too cool.

Caution: Never move cake when it is rising, even if it is burning, or it will go flat. Put a piece of paper over it to reduce the temperature.



THREE WAYS TO TELL WHEN THE CAKE IS DONE.

It should pull from the sides of the pan.

Should not stick to a toothpick when it is put into the center.

It should spring back in place when the finger is pressing on the top.



HOW TO GET A CAKE FROM THE PAN.

To remove the cake from the pan turn it bottom side up on a cake cooler or on a board covered with a linen cloth. If the cake sticks, do not hurry it from the pan, but loosen around the edges with a knife and raise the pan first on one side and then the other. In this way, by its own weight, the cake may be helped out.



SUGGESTIONS FOR MEASURING.

A cup of flour means a measuring cup filled with flour which has been sifted and dipped with a spoon into the cup, then the top of the cup scraped off level with a knife. A teaspoonful of baking powder means a teaspoon filled with baking powder and scraped off with a knife. A measuring cup should always be used, otherwise the proportions may not be right. A measuring cup is a cup of glass or tin, with 1-4, 1-3, 1-2, 2-3 and 3-4 marked with the lines. The glass cup may be used for cold materials and the tin for hot liquids. Butter should never be melted to measure. Pack it firmly in the spoon or cup and scrape level with the top.



FRUIT CAKE.

This recipe will make either one large loaf, or three or four small ones.

1½ lbs. butter, 1½ lbs. brown sugar (worked to a cream).

16 eggs well beaten, 2 at a time.

1½ lbs. sifted flour.

2 lbs. currants.

1 lb. citron peel.

1 lb. orange peel.

- 1 lb. lemon peel.
- 4 lbs. seeded raisins chopped or cut—not too fine.
- 4 tablespoons mixed spices (as per following recipe.)
- 1½ wine glass best brandy.
- 1½ wine glass best sherry.
- 1½ wine glass best boiled cider.
- 1½ tablespoons rose water.

Mix in order given. Take a watertight tin box, line with paper, fill with mixture, cover and steam for three hours. Then place the container in a baking pan that has been covered with paper and partly filled with water, put in oven and bake about an hour. This keeps cake from getting too hard. Bake until cake cracks a little or is thoroughly dry.

Mrs. A. Wall.



MIXED SPICES.

The below is the mixture of spices which Mrs. Wall keeps in quantities and uses in fruit cake or as occasion demands.

- 2 tablespoons cinnamon.
- 1 tablespoon cloves.
- 1 tablespoon allspice.
- 2 teaspoons mace.
- 1 teaspoon nutmeg or one grated nutmeg.
- ½ teaspoon ginger.

Mix and sift twice. Keep in glass jars.

Mrs. A. Wall.



PLUM CAKE.

- 2 cups of butter.
- 2 cups of molasses.
- One cup of sweet milk.
- 2 eggs well beaten.
- 1 teaspoon of powdered saleratus dissolved with a little hot water.
- 1 teaspoon mace or nutmeg.
- 1 teaspoon ground allspice.
- 1 tablespoon of cinnamon.
- 1 gill of brandy.

Stir in flour to make a batter as stiff as may be easily stirred with a spoon. Beat well until light; then add two pounds of stoneless raisins cut in two, two pounds of currants and one-half pound of citron cut in slips. Bake in a quick oven.

Mrs. John Walker.



A DELICIOUS FRUIT CAKE.

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|----------------------------------------------------------------|-----------------|
| 1 lb. butter. | 12 eggs. |
| 1 lb. sugar | 3 lbs. raisins. |
| 1 lb. flour. | 1 lb. citron. |
| 1 lb. almonds blanched and cut moderately fine. | |
| The grated rind and part of the juice of 1 orange and 1 lemon. | |
| ½ pint of brandy. | |
| 1 nutmeg. | |

Cream the butter and sugar thoroughly; add the eggs well beaten;

then from the 1 pound of flour take sufficient to flour the fruit thickly; stir it into the mixture, put the flour in last and reserve, when pouring in the liquor, enough to pour over the cake after it is placed in the pan.

Mrs. John Walker.



CHRISTMAS CAKE.

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|--------------------------------------|--------------------------------------|
| 1 lb. flour. | $\frac{1}{2}$ cup molasses (teacup). |
| 1 lb. sugar. | 1 teaspoon (flat) of soda. |
| $\frac{3}{4}$ lb. butter. | 1 pint whisky or brandy. |
| 3 lbs. raisins. | 2 nutmegs. |
| 1 lb. currants. | 2 tablespoons of cinnamon. |
| 1 lb. citron. | $\frac{1}{2}$ teaspoon cloves. |
| 1 heaping teaspoon of baking powder. | <i>Mrs. Wm. Hobdy.</i> |



POUND CAKE.

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|--------------------------------------------------------------------|-----------------------------------|
| $\frac{1}{2}$ lb. butter. | $\frac{1}{2}$ lb. (5) eggs. |
| $\frac{1}{2}$ lb. sugar. | 1 rounded teaspoon baking powder. |
| $\frac{1}{2}$ lb. flour. | |
| 1 tablespoon brandy—if not brandy use a very little speck of mace. | |
| 1 teaspoon vanilla and lemon mixed. | |
- Cream butter, add sugar gradually, beat eggs and add a little at a time. Add half the flour. Mix baking powder with remainder and sift into the batter. Add brandy slowly, beating a little at a time. Add flavoring. Paper the bottom of the pan, fill and bake between 50 minutes and 1 hour.

Mrs. A. Wall.



ICE CREAM CAKE.

Make a good sponge cake batter. Bake in half inch thick in jelly pans. Let them get perfectly cold. Take a pint thickest sweet cream and beat until it looks like ice cream. Sweeten and flavor with vanilla. Blanche and chop a pound of almonds, stir into cream, and put very thick between each layer. This is also nice for strawberry or banana shortcake, using the fruit in place of nuts.

Mrs. John Walker.



ONE EGG MOCHA CAKE.

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|---------------------------------|---------------------------------|
| 1 heaping tablespoon butter. | 2 squares of chocolate. |
| $\frac{3}{4}$ cup sugar. | For the filling. |
| 1 egg. | 1 cup powdered sugar. |
| $\frac{3}{4}$ cup milk. | 1 heaping tablespoon butter. |
| $\frac{1}{4}$ teaspoon of salt. | $\frac{1}{2}$ teaspoon vanilla. |
| $\frac{1}{2}$ teaspoon vanilla. | 2 teaspoons cocoa. |
| 1 cup flour. | 2 tablespoons strong coffee. |
| 1 teaspoon baking powder. | |

Cream, butter and sugar together. Add the yolk of one egg, milk, salt, vanilla, flour, baking powder and chocolate. Mix well and add white of egg. Divide into two buttered layer tins and bake in fairly hot oven. When cool fill and ice. Beat up powdered sugar with butter. Add vanilla, cocoa and coffee.

Mrs. Harry Wilder.

GINGER CAKE.

$\frac{1}{2}$ cup butter.

$\frac{1}{2}$ cup sugar.

1 cup New Orleans molasses.

1 teaspoon ginger.

1 teaspoon cinnamon.

1 teaspoon cloves.

2 teaspoons bi-carbonate of soda 1 cup of boiling water.

$2\frac{1}{2}$ cups sifted flour.

2 well-beaten eggs. Salt to taste.

Cream butter and sugar, add molasses. Beat well, add spices, flour and soda. Add eggs last of all. Bake in slow oven.

Mrs. A. E. Murphy.



RIBBON CAKE.

$\frac{1}{2}$ cup of sugar.

3 cups of flour.

1 cup of butter.

1 cup of sour milk.

$\frac{1}{2}$ teaspoon of soda.

1 teaspoon of cream of tartar.

4 eggs.

After the batter is made, divide into 3 equal parts. To one portion add:

$\frac{1}{2}$ cup of citron.

1 cup of raisins.

1 cup of currants.

$\frac{1}{2}$ teaspoon of cloves.

$\frac{1}{2}$ teaspoon of cinnamon.

2 tablespoons of molasses.

Bake. Put together with jelly; place the fruit cake in the center.

Mrs. Robert Lewers.



DATE LOAF CAKE.

(Very delicious.)

1 lb. dates (after stoning).

1 lb. English walnut meats.

1 cup of pastry flour.

2 rounding teaspoonfuls of baking powder.

$\frac{1}{2}$ teaspoonful of salt.

1 cup of granulated sugar.

4 eggs, yolks and whites beaten separately.

1 teaspoon vanilla extract.

Let dates and nut-meats be kept as whole as possible. Sift over them the flour, baking powder and salt sifted together. Add sugar and mix. Beat in the yolks, and lastly fold in the whites. Bake in moderate oven for one hour.

Warning: Cover cake with brown paper to prevent scorching.

Mrs. Walter Wall.



ANGEL FOOD CAKE.

1 cup flour.

1 1-3 cups of sugar.

1 scant teaspoonful of salt.

One level teaspoonful of cream of tartar.

Whites of 8 eggs.

Almond flavoring.

Flour to be sifted six times.

Sugar to be sifted six times.

Add the salt to the whites of the 8 eggs, and beat for awhile (about half). Then add the cream of tartar and continue to beat until very stiff and dry. Then gently fold in the sifted sugar until dissolved. Add the flavoring. Then gently fold in the sifted flour. Pour into the tin. Thump the tin four times on the table, turning the tin each time. Bake.

Mrs. Gerrit Wilder.



MEASURE POUND CAKE.

1 coffee cup of sugar.

2-3 coffee cup of butter.

1 1-3 coffee cups of flour.

$\frac{1}{2}$ teaspoon of soda.

1 teaspoon of cream of tartar.

Just enough milk to mix it (from $\frac{1}{2}$ to $\frac{3}{4}$ of a cup.)

6 eggs (whites and yolks beaten separately).

Mrs. Robert Lewers.



APPLE SAUCE CAKE.

2 cups of flour.

1 teaspoon cinnamon.

1 cup of sugar.

$\frac{1}{2}$ teaspoon cloves.

2 level teaspoons of soda.

$\frac{1}{2}$ teaspoon nutmeg.

3 teaspoons chocolate.

Sift all together, toss 1 cup chopped walnuts and 1 cup seeded raisins into dry ingredients, add $1\frac{1}{2}$ cups apple sauce cold and unsweetened, $\frac{1}{2}$ cup melted butter. Beat well and bake in a slow oven $1\frac{1}{4}$ hours.

Miss Elizabeth Hopper.



CREAMY SAUCE.

$\frac{1}{2}$ cup butter.

Teaspoon vanilla.

1 cup powdered sugar.

Few grains salt.

Whites 2 eggs.

$\frac{1}{2}$ cup heavy cream.

Cream butter and add sugar gradually while continuing the beating, put over hot water and heat, using a wire whisk, while adding the whites of eggs beaten until stiff. When sauce is consistency of heavy cream, remove from fire and cool. Flavor and just before serving, add cream beaten until stiff.

Miss Elizabeth Hopper.



JAM CAKE.

$\frac{3}{4}$ cup of butter.

1 cup of sugar.

4 eggs.

1 cup of jam (raspberry jam and guava jelly mixed).

2 cups of flour.

4 tablespoons sour milk.

1 tablespoon soda dissolved in water.

- 1 teaspoon cinnamon.
- 1 teaspoon cloves.
- 1 teaspoon nutmeg.

Mrs. E. Kopke.



BLACKBERRY JAM CAKE.

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|------------------------------------------|------------------------------------------|
| 1 cup of sugar. | 1 cup of blackberry jam. |
| $\frac{3}{4}$ cup of butter. | $\frac{1}{2}$ teaspoon of grated nutmeg. |
| 3 eggs beaten one at a time. | $\frac{1}{2}$ teaspoon allspice. |
| $1\frac{1}{2}$ cups of flour. | 1 teaspoon cinnamon. |
| 4 tablespoons sour cream or butter milk. | |

1 teaspoon soda dissolved in a little cold water and added last. If cream is used, decrease the butter. Bake in three layers in a moderate oven and put together with icing.

Mrs. M. T. Clegg.



JAM CAKE.

Baked in layers with cooked icing between.

- 3 eggs.
- 1 cup of sugar.
- 1 cup of jam.
- 2 cups flour.
- $\frac{3}{4}$ teacup butter.
- 3 tablespoons buttermilk or sour cream.
- 1 teaspoon soda.
- $\frac{3}{4}$ teaspoon nutmeg.
- 1 teaspoon cinnamon.
- $\frac{1}{2}$ teaspoon allspice.

Mrs. William Hobdy.



BLACKBERRY JAM CAKE.

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|---------------------------|-------------------|
| $\frac{1}{2}$ cup butter. | Yolks of 4 eggs. |
| 1 cup sugar. | Whites of 3 eggs. |

2 cups flour.

4 large tablespoons of sour milk (thick) with one teaspoonful of baking soda, and one cup of blackberry jam, a little cinnamon, cloves and nutmeg. Bake in layers. Make a frosting of the white of 1 egg, one cup of sugar, $\frac{1}{4}$ cup of water. Boil the sugar and water for about 6 minutes without stirring. Then stir this gradually into the beaten white of egg. Stir until smooth and spread thinly between the layers and on top of cake.

Mrs. John Walker.



DORCAS CAKE.

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|---------------------------|----------------------------|
| 1 cup sugar. | 3 eggs. |
| $\frac{1}{2}$ cup butter. | 2 teaspoons baking powder. |
| 1 cup milk. | Salt. |
| 2 cups flour. | |

Cream sugar and butter. Add milk, flour and baking powder. Fold in the beaten whites of eggs. Bake in 2 layers.

Filling: Beat 1 cup of confectioners' sugar gradually into the yolks of eggs, until creamy. Add 1 teaspoonful of vanilla. Spread between and on top of cake.

Mrs. G. F. Bush.

LEMON CAKE.

1½ cups sugar.

½ cup butter.

¾ cup milk.

Whites of 4 eggs.

2 cups flour.

1 heaping teaspoon baking powder.

Beat the butter to a cream, add the sugar and beat until creamy, gradually add the milk and flour, first a little flour and then a little milk until all are used. Whip the whites to a froth, add them to the mixture, and lastly stir in the baking powder. Bake in layers.

Mrs. Will Wall.



POTATO CAKE.

1 cup of butter.

2 cups of sugar.

4 eggs.

½ cup sweet milk.

2 cups flour.

2 teaspoonfuls baking powder.

½ cup ground chocolate.

½ teaspoon cloves.

1 teaspoon each of cinnamon and mace.

1 cup mashed potatoes, put in while warm.

1 heaping cup of chopped walnuts.

Bake in moderate oven. Mix butter, sugar and potatoes together.

Mrs. Walter Wall.



IRISH POTATO CAKE.

For this delicious dish use cold mashed potatoes and work into the potatoes as much flour as they will hold. Then with the palms of the hands mold into a circle, after which cut in four and fry slowly in a well-buttered frypan. For these, caraway seeds are a great improvement.

Mrs. A. E. Murphy.



CREAM SPONGE CAKE.

2 eggs beaten separately.

1 cup of sugar.

1 cup of sifted flour.

Mix in order given.

One teaspoon of baking powder.

½ cup of boiling water.

1 teaspoon of lemon extract.

Mrs. John Lucas.



SOUR CREAM CAKE.

Bake plain cake in 2 layers.

Break the whites of 2 eggs into 2 cupfuls of sour cream and whip together until stiff. Add a cupful of walnuts that have been put through the meat chopper and a teaspoonful of vanilla. Sweeten with confectioners' sugar. Spread between layers, heaping it roughly on top.

Mrs. G. F. Bush.



GERMAN COFFEE CAKE.

1 quart bread batter (which has been allowed to rise 1 hour).

1 scant cup sugar.

1 heaping tablespoonful butter.

2 eggs.

Flour to make stiff dough.

Let rise 1 hour.

Knead thoroughly and roll $\frac{5}{8}$ of an inch thick. Spread thickly with the following mixture:

1 teaspoonful ground cinnamon.

$\frac{1}{2}$ cup melted butter.

1 teaspoon flour.

$\frac{1}{2}$ cup sugar.

Spread quickly over cake and sprinkle thickly with chopped walnuts and raisins. Then roll like jelly cake. Moisten end with water and pinch to make it adhere to roll.

Slice with sharp knife into slices $\frac{3}{4}$ inch thick. Place in greased pan at least 1 inch apart, and let rise again.

Just before placing in oven brush lightly with white of egg which has been beaten, together with powdered sugar and cinnamon.

Miss Margaret Dietz.



COFFEE CAKE.

1 lb. butter.

4 eggs.

1 lb. sugar.

1 tablespoonful cinnamon.

1 lb. flour.

1 wine glass of sherry.

Cream the butter and add other ingredients—don't beat the eggs first, just drop them in. Bake in shallow pans, spread as thick as cookies. In taking from the oven, cut the cake in squares.

Mrs. E. Kopke.



COFFEE CAKE.

$\frac{1}{2}$ cup white sugar.

1 cup of butter.

4 eggs.

1 cup molasses.

1 cup of coffee (ready for drinking).

1 teaspoon allspice.

1 teaspoon cinnamon.

1 teaspoon nutmeg.

5 cups of flour.

$\frac{1}{2}$ teaspoon baking powder.

1 cup raisins.

1 cup chopped walnuts.

$\frac{1}{2}$ cup citron.

1 teaspoon soda dissolved in coffee.

Bake about 1 hour.

Mrs. Wells Peterson.



NUT CAKE.

$\frac{1}{2}$ cup butter.

2 teaspoons baking powder.

1 cup sugar.

$\frac{1}{2}$ cup walnuts.

2 eggs.

$\frac{1}{2}$ cup raisins.

$\frac{1}{2}$ cup milk.

Vanilla.

2 cups flour.

Bake 30 to 40 minutes in a loaf.

Mrs. Ormond Wall.

WALNUT TART.

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|-------------------------------------|------------------------------------|
| 4 eggs. | $\frac{1}{2}$ cup chopped walnuts. |
| 1 cup cracker dust. | 1 heaping teaspoon baking powder. |
| $\frac{1}{2}$ cup grated chocolate. | 1 cup sugar. |

Cream the yolks of eggs and the sugar together. Stir in beaten whites of eggs, add chocolate, cracker dust, baking powder, walnuts and flavoring. Bake in two layers. Fill with whipped cream.

Mrs. A. Perry.



DELICATE CAKE.

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|-------------------------------|-----------------------------------------|
| $\frac{1}{2}$ cup butter. | 2 eggs. |
| $1\frac{1}{2}$ cups of sugar. | $1\frac{1}{2}$ teaspoons baking powder. |
| 2-3 (scant) cup of milk. | $\frac{1}{2}$ teaspoon of vanilla. |
| 2 cups of flour. | |

Bake in layers in a moderate oven.

Mrs. A. Hocking.



A DELICIOUS QUICK CAKE.

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|-----------------------------------|--------------------|
| 1 cup flour. | A little salt. |
| 1 cup sugar. | Sift all together. |
| 1 heaping teaspoon baking powder. | |

In measuring cup, break 2 eggs (not beaten) add 4 tablespoons melted butter, and fill rest of cup with milk. Empty measuring cup into sifted mixture, add one teaspoon vanilla and bake in a quick oven. Any kind of a filling may be used.

Mrs. Harry Wilder.



DAISY CAKE.

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|-----------------|------------------|
| 1 cup of sugar. | 1 cup of butter. |
|-----------------|------------------|

Beat the yolks of three eggs before putting in the sugar and butter. $\frac{1}{2}$ cup of milk, $1\frac{1}{2}$ cups of flour, 1 teaspoonful of baking powder, the whites of eggs added last. Put in flavoring before putting in the whites of the eggs.

Mrs. J. Lucas.



LAYER CAKE.

Beat together $\frac{3}{4}$ cup of butter with 2 cups of sugar, add the beaten yolks of 3 eggs, mix well and add 1 teaspoonful of vanilla extract. Then add 1 cup of milk, $2\frac{1}{2}$ cups of flour, 3 teaspoonsful of baking powder and the beaten whites. Stir well together and bake.

Miss Julie McStockler.



PLAIN CAKE.

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|---------------------------|------------------------------|
| 1 cup sugar. | 2 eggs. |
| $\frac{1}{2}$ cup butter. | Pinch of salt. |
| 2 cups flour. | 2 teaspoonful baking powder. |
| 1 cup milk. | |

Cream sugar and butter, add well-beaten eggs, and mix thoroly. Then stir in milk and flour alternately and beat until mixture is creamy.

Mrs. G. F. Bush.

SIMPLE WHITE CAKE.

2 good tablespoonfuls butter.	1½ cups of flour.
1 cup granulated sugar.	2 teaspoonfuls baking powder.
Yolks of 3 eggs.	Pinch of salt.
White of 1 egg.	A few drops of extract.
½ cup milk.	

Cream the butter and sugar well. Beat the yolks of the 3 eggs and the white of the one egg separately and then add them to the milk. Then add all to the creamed butter and sugar. Mix thoroughly. Put the 2 teaspoonfuls of baking powder into the 1½ cups of sifted flour. Add the pinch of salt and then sift all this very slowly into the mixture. Stir all the time. Add extract. Bake in two layers, and frost.

Mrs. Gerrit Wilder.



CHESS CAKES.

1 cupful walnuts.
1 cupful raisins chopped together (not too fine).
Yolks of 4 eggs.
1 cupful of sugar.
½ cup of milk.

2 tablespoons butter; to the yolks of the eggs add the sugar, then the nuts and raisins, milk and butter. Boil this until it is a thick paste, stirring constantly to prevent burning. Line gem pans with rich pie crust, bake and then fill with the above mixture, cover with meringue made of the whites of the 4 eggs and brown in oven.

Mrs. A. Perry.



PLAIN CAKE.

¾ cup butter.
1¼ cup sugar.
4 eggs.
¼ cup milk.
2 cups flour.
2 heaping teaspoonfuls baking powder.
2 teaspoons lemon extract.
Pinch of salt.

Cream the butter; add the sugar, and then the eggs (yolks) beaten till like thick custard. Add the milk and then the flour; beat very hard till well mixed; fold in the whites of eggs which have been well beaten. Add the baking powder stirred in gently, pour into buttered cake pans, and bake in a moderate oven.

Mrs. Hannah H. Palmer.



JELLY CAKE.

3 eggs.
1 cup of sugar.
½ cup of milk.
1 tablespoon (even full) of salt.
1 tablespoon (even full) of lemon juice.

1 tablespoon (even full) of cream of tartar.
 1 teaspoon (even full) of soda.
 3 cups of flour for quite a stiff batter. Mix in a heaping tablespoon of butter; mix as in mixing cake. Spread it quite thinly in the pan. When done and cool, not cold, spread on the jelly.
Mrs. Robert Lewers.



SAUCES, FILLINGS, AND ICINGS

A GOOD PUDDING SAUCE.

$\frac{1}{2}$ cup butter. 1 cup sugar.
 Yolks of 2 eggs. 3 tablespoons of sherry wine.
 Mix sugar, butter and yolks. Melt over the kettle and just before serving add the wine.
Mrs. Andrew Fuller.



HARD SAUCE.

1 cup powdered sugar. $\frac{1}{2}$ cup butter.
 Cream butter and sugar, add flavoring and a tablespoonful of boiling water. Whip till creamy.
Mrs. J. Lucas.



FROSTING.

2 cups of granulated sugar. $\frac{1}{2}$ cup of water.
 Boil to syrup and pour very slowly into the beaten whites of two eggs.
Mrs. Gerrit Wilder.



AN UNCOOKED ICING.

To 1 cup of confectioner's sugar add rich cream until you have the proper consistency for frosting. If cream is not rich, add small bit of butter—size of a hazel nut. Does not sour and can be colored.
Mrs. A. Hocking.



MOCHA FILLING FOR LAYER CAKE.

Wash the salt out of a half a cup of butter, and stir until creamy. Add 1 cup of pulverized sugar, $\frac{1}{2}$ cup of grated chocolate and $\frac{1}{2}$ teaspoon vanilla. Spread between layers.
Mrs. John Walker.



SOUR CREAM FILLING (CARMEL).

1 cup sour cream. 1 cup chopped walnuts.
 1 saltspoon salt. White of one egg.
 1 cup granulated sugar.
 Mix the cream, salt and sugar and boil until it will thread on a spoon. Then pour into the the well-beaten white of the egg. Beat until fairly stiff, add the nuts and spread between layers. If used to frost the top of the cake, twice this amount will have to be made.
Mrs. A. Hocking.

LEMON FILLING.

Take the juice and grated rind of 2 lemons, yolks of 3 eggs, 1 cup sugar, and a scant half cup of butter. Mix all together, and cook in double boiler until mixture is thick and spongy. It will thicken as it cools. Put between layers. For top frosting, take 1 cup powdered sugar, 1 teaspoon vanilla, 1 tablespoonful milk. Beat until smooth. Then spread on top of cake. *Mrs. Will Wall.*



PEACH FRUIT SAUCE.

1½ cups sugar (powdered). 1 egg (yolk).

½ cup butter.

Beat the above until creamy; add a tablespoonful of rum and a little vanilla, a pinch of salt and the beaten white of 1 egg. Lastly beat in a cupful of crushed peaches or strawberries. A delicious sauce for any hot suet pudding. *Mrs. Hannah Palmer.*



WINE SAUCE.

1 cup boiling water.

1 egg.

1 tablespoon of cornstarch.

1 saltspoon grated nutmeg.

¼ cup butter.

½ cup wine.

1 cup powdered sugar.

Wet the cornstarch in cold water and stir into the boiling water. Boil ten minutes. Rub the butter to a cream. Add the sugar gradually, then the egg, well beaten, and the nutmeg. When the cornstarch has cooked 10 minutes, add the wine and pour the whole into the butter, sugar and egg, stirring until well mixed.

Mrs. Arthur Wall.



BOILED ICING.

1 cup granulated sugar.

White of 1 egg.

1-3 cup of boiling water.

1 saltspoon of cream of tartar.

Boil sugar and water without stirring until the syrup when taken up on a skewer will thread. When it is nearly at that point, beat the egg stiff, add the cream of tartar and pour the boiling syrup over the egg in a fine stream, beating well. When it thickens and is perfectly smooth, pour it over the cake. It hardens quickly and should be put on the cake before it is stiff enough to drop.

Mrs. Arthur Wall.



COOKIES

SOUR CREAM COOKIES.

2 cups sugar.

2 eggs.

1 cup butter.

1 teaspoonful soda.

1 cup sour cream.

1 teaspoonful of lemon extract.

Enough flour to mix soft and roll thin (about 1 quart). Sprinkle sugar on top, and bake in a moderate oven. This will make about 10 dozen. *Mrs. Guy Gere.*

COOKIES.

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|---------------------|-------------------------------|
| 1 cup of sugar. | 3 teaspoonfuls baking powder. |
| 1 cup of butter. | $\frac{1}{4}$ teaspoon salt. |
| 3 well beaten eggs. | Flavoring. |
- Roll thin. Dust with carroway seeds. Bake in slow oven.
N. B.—The butter and sugar must be well creamed.

Mrs. Gerrit Wilder.



OATMEAL COOKIES.

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|-------------------------------------|------------------------------|
| 1 cup sugar. | 2 cups oatmeal. |
| $\frac{1}{2}$ cup butter. | 2 cups flour. |
| $\frac{1}{2}$ cup lard. | 1 cup raisins chopped. |
| 2 eggs. | 1 teaspoonful baking powder. |
| 4 tablespoonfuls milk. | 1 teaspoonful soda. |
| $\frac{1}{2}$ teaspoonful cinnamon. | |

Roll into large marbles, and press half an English walnut on top.
Place 2 inches apart on pan and bake in a medium oven.

Mrs. G. Gere.



OATMEAL COOKIES.

Cream together 1 cup sugar, $\frac{1}{2}$ cup butter, $\frac{1}{2}$ cup lard, 2 eggs well beaten. Add 1 cup of chopped raisins, 4 tablespoons of milk in which is dissolved $\frac{1}{2}$ teaspoonful of soda, 1 teaspoonful of cinnamon, 2 cups of white flour sifted with 1 teaspoon baking powder and $\frac{1}{2}$ teaspoon of salt, 2 cups of oatmeal or graham flour. Form batter into small cakes like macaroons and on them sprinkle chopped walnuts.

Mrs. Walter Wall.



ROLLED OAT COOKIES.

- 2 cups butter.
- 2 cups brown sugar.
- 4 well beaten eggs.
- $\frac{1}{2}$ teaspoon soda dissolved in five tablespoons sweet milk.
- $1\frac{1}{2}$ teaspoons cinnamon.
- 2 teaspoons vanilla.
- 2 cups flour.
- 5 cups rolled oats.

Mix and let stand 1 hour, then drop by teaspoonfuls on pan and bake in quick oven.

Mrs. Will Wall.



HERMITS.

- $1\frac{1}{2}$ cups granulated sugar.
- 1 cup melted butter (measure after melting).
- 3 eggs.
- $\frac{1}{2}$ grated nutmeg.
- $1\frac{1}{2}$ cups seeded raisins.
- 3 cups flour.
- $\frac{1}{2}$ teaspoon soda dissolved in 2 teaspoons lukewarm water.
- 1 teaspoon each cinnamon, allspices, cloves.

Drop by teaspoon on buttered pans and bake in moderate oven.

Miss Margaret Dietz.

WALNUT WAFERS.

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|----------------------------------|---------------------------|
| 1 cup brown sugar. | $\frac{1}{2}$ cup flour. |
| 1 cup chopped walnuts (floured). | 1 tablespoonful molasses. |
| 2 eggs. | |

Drop on a buttered pan a teaspoon at a time. Bake quickly and thoroughly. *Mrs. Chester Livingston.*



BOSTON COOKIES.

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|-----------------------------|---------------------------------------|
| 1 cup of butter. | $\frac{1}{2}$ cup walnuts. |
| 1 cup of sugar. | 1 teaspoon cinnamon. |
| 3 eggs. | 1 teaspoon nutmeg. |
| $\frac{1}{2}$ cup raisins. | 1 teaspoon soda. |
| $\frac{1}{2}$ cup currants. | $1\frac{1}{2}$ tablespoons hot water. |

Flour enough to form a stiff batter. Drop by spoonfuls in pans and bake in moderate oven. *Mrs. Walter Wall.*



WALNUT WAFERS.

- | | |
|-------------------------------|--------------------------------------|
| 2 eggs. | Pinch salt. |
| 1 cup brown sugar. | 1-3 teaspoon baking powder. |
| 3 heaping teaspoons of flour. | $1\frac{1}{2}$ cups chopped walnuts. |
- Put in well buttered pans in small teaspoonfuls and far apart. Bake in hot oven. *Mrs. Wells Peterson.*



NUT WAFERS.

- | | |
|------------------------------|-------------------------|
| 2 eggs, well beaten. | A little salt. |
| 1 cup brown sugar. | 1 cup chopped walnuts. |
| 3 heaping tablespoons flour. | |
| 1 teaspoon vanilla or lemon. | <i>Mrs. Will Wall..</i> |



NUT WAFERS.

- | | |
|---------------------|---------------------------------|
| 2 eggs. | 3 tablespoonfuls flour. |
| 1 cup brown sugar. | $\frac{1}{4}$ teaspoonful salt. |
| 1 cup chopped nuts. | 1 teaspoonful vanilla. |
- Beat eggs till creamy. Add sugar and beat hard; add salt and beat again; add flour and vanilla and beat hard. Drop $\frac{1}{2}$ teaspoonful on well-buttered pan and brown in quick oven. *Miss M. Dietz.*



PEANUT COOKIES.

- | | |
|-----------------------------|-------------------------|
| 4 tablespoons of butter. | Pinch of salt. |
| $\frac{1}{2}$ cup of sugar. | 1 cup of flour. |
| Yolks of 2 eggs. | 2 cups chopped peanuts. |
| 4 tablespoons of milk. | Bake. |
| 1 teaspoon lemon juice. | |

WALNUT COOKIES.

- 1 cup butter.
- 1 cup raisins.
- 2 cups chopped walnuts.
- 2 cups chopped dates.
- 2 cups sugar.
- 3 eggs.
- 1 teaspoon cinnamon.
- 1 teaspoon soda in a little hot water.
- 1 teaspoon vanilla.

Flour to make stiff enough to drop from a teaspoon. Bake.
Mrs. L. C. Ables.



DOUGHNUTS.

Mix well 3 cups of sifted flour, 2 teaspoons baking powder, $\frac{1}{2}$ teaspoon salt and 1 saltspoon mace. Beat one egg, add to it one half cup of sugar, 1 tablespoon melted lard, $\frac{1}{2}$ cup milk. Mix dry ingredients and fry in hot lard. This makes twelve.

Mrs. Will Wall.



CREOLE MACAROONS.

- | | |
|---------------------------|---------------------------|
| 12 ozs. shredded almonds. | 2 eggs. |
| 4 ozs. of ground almonds. | 4 ozs. pastry flour. |
| 1 pound of sugar. | Grated rind of 2 oranges. |

Beat yolks and whites of eggs separately. Then together with sugar until light and smooth. Add the grated rind of the two oranges and incorporate the other ingredients. Roll paste into ball the size of an egg. Place on buttered paper or baking sheet, and bake in moderate oven to a light color.

Mrs. Larry McAfee.



MERINGUE.

Beat the whites of 3 eggs until stiff and add gradually $\frac{1}{4}$ cup powdered sugar, continuing the beating; then cut and fold in $\frac{1}{4}$ cup powdered sugar and add $\frac{1}{2}$ teaspoon vanilla.

Miss Elizabeth Hopper.



LEMON JUMBLES.

- | | |
|---------------------------|---------------------------------------|
| $\frac{1}{2}$ cup butter. | 2 teaspoons baking powder. |
| 1 egg. | $\frac{1}{2}$ teaspoon lemon extract. |
| 1 cup sugar. | Flour enough to stiffen. |
| 3 teaspoons milk. | |

Roll very thin and bake. *Mrs. Ormond Wall.*



BANGOR BROWNIES.

- | | |
|-------------------------------------|---------------------------------------|
| $\frac{1}{2}$ cup of melted butter. | $\frac{1}{2}$ cup of flour. |
| 1 cup of sugar. | 2 squares of melted chocolate. |
| 2 eggs well beaten. | $\frac{1}{2}$ cup of chopped walnuts. |

Mix all the ingredients. Pour the mixture into a buttered baking pan and sprinkle a few nuts on top. Bake in a moderate oven. When done cut in squares. *Mrs. J. Johnston.*

ROCKS.

1 cup butter. $\frac{3}{4}$ pound dates.
 $1\frac{1}{2}$ cups sugar. $1\frac{1}{2}$ pounds walnuts chopped not to fine.
3 eggs. 1 teaspoon cinnamon.
 $2\frac{1}{2}$ cups flour. $\frac{1}{2}$ teaspoon allspice.
1 teaspoon soda in hot water.

Drop a teaspoonful in buttered pans. Bake in moderate oven.
Mrs. Hannah Palmer.



PASTRY

LEMON CUSTARD PIE.

Beat the yolks of 3 eggs until light and thick; add gradually 1 cup of fine granulated sugar, and, one at a time, the unbeaten whites of 2 eggs. Beat $\frac{1}{4}$ a cup of butter to a cream, and add to this, gradually, the egg mixture, also the juice of two small lemons, together with the grated rind of one. Cook, stirring constantly over hot water, until the mixture thickens, set aside to cool while the crust is baked over an inverted tin plate. When baked, pour in the filling, cover with a meringue and serve when thoroughly cold.

Mrs. F. Smith.



LEMON PIE.

Line deep pie pan with pastry and bake. Put 1 cup of sugar, the juice and grated rind of 1 lemon, 1 heaping tablespoonful of cornstarch, the yolk of 1 egg and 1 cup of boiling water, together, and cook, stirring constantly until thick. When cooked put in pastry shell. Make meringue of the whites of 2 eggs and sweeten. Put on top of pie, dust with sugar and put in oven to brown.

Mrs. G. F. Bush.



CREAM PIE.

Yolks of 5 eggs, 2 cups sugar, $\frac{3}{4}$ cup butter, 1 cup cream, flavor with vanilla.

For meringue, $\frac{3}{4}$ cup sugar, 3 whites of eggs (add meringue when cold). This quantity makes 2 pies.

Mrs. William Hobdy.



MINCE MEAT.

$\frac{1}{2}$ pound suet.
 $\frac{1}{2}$ pound finely chopped boiled meat (from the round).
1 pound seeded raisins.
1 pound currants.
1 pound brown sugar.
 $1\text{--}3$ cup molasses.
2 pounds chopped apples.
1 cup beef stock (or enough to make moist).
2 teaspoons salt.

2 teaspoons cinnamon.
 $\frac{1}{2}$ teaspoon mace.
 $\frac{1}{2}$ teaspoon powdered clove.
1 lemon—grated rind and juice.
 $\frac{1}{4}$ piece citron.

Mix in order given. Cook until apples and raisins are soft.
Then add: 1 cup boiled cider.
 $\frac{1}{2}$ cup best brandy. 1 tablespoon rose water.
 $\frac{1}{2}$ cup sherry. Mix well.

This can be eaten both hot or cold, but if served cold, it is better to substitute $\frac{1}{4}$ pound of butter in place of the suet. Keep in earthen crock, pack down and cover with brandy. This can be kept for over a year. It should be watched and occasionally stirred and re-covered with brandy when it begins to get dry. *Mrs. A. Wall.*



PLAIN PIE CRUST.

1 cup flour. 1 tablespoonful of lard or drippings.
1 pinch salt. Ice water.
1 tablespoonful of butter.

Take flour, add salt, cut in lard or drippings, and work it with the hands until thoroughly mixed. Add enough ice water to hold it together. Flour the board, lightly roll out the paste, spread with some of the butter, dust with flour, fold both ways, re-roll, spread with butter again, and so on until butter is all used up.

Mrs. Arthur Wall.



LEMON PIE (*Splendid*)

Yolks of 3 eggs.
1 cup sugar.
 $\frac{3}{4}$ cup sweet milk.
 $1\frac{1}{2}$ lemons.

Beat sugar and egg together until light. Grate the rind of lemon and add to this. Throw away the white fibrous part and squeeze the juice of the lemon into the egg and sugar. Add a tablespoon of flour. For meringue: Beat the whites of eggs to a stiff froth with 4 tablespoons of white, sifted sugar and a teaspoon of lemon juice. Make a pie crust. Smear with white of egg. Fill with first lemon mixture. Bake until set. Cover with meringue and bake 5 minutes until it sets.

Mrs. Robert Lewers.



PUDDINGS, AND LIGHT DESSERTS

ENGLISH PLUM PUDDING.

1 lb. raisins. 1 lb. currants.
1 lb. suet, chopped fine. $\frac{1}{2}$ nutmeg, grated.
 $\frac{3}{4}$ lb. stale bread crumbs. 5 eggs.
 $\frac{1}{4}$ lb. brown sugar. $\frac{1}{2}$ pint brandy.
 $\frac{1}{4}$ lb. flour. $\frac{1}{2}$ lb. candied orange peel, minced.
Grated rind of one lemon.

Mix all the dry ingredients well together. Beat eggs and add

them to the brandy; then pour them over the dry ingredients, and thoroughly mix. Pack into a pudding mould and seal tightly with a strip of buttered muslin. Boil six hours at time of making, and six hours again when wanted for use. This makes six pounds. If properly mixed and boiled will never be heavy. *Miss M. Dietz.*



STEAMED PUDDING.

- | | |
|--------------------------------|-----------------------|
| 1/2 cup milk. | 1 egg. |
| 1 tablespoon sugar. | 1/4 cup butter. |
| 1 1/2 teaspoons baking powder. | 1 cup seeded raisins. |
| Spice to taste. | 1 cup flour. |

Put in buttered glasses and steam a half-hour.

Yellow sauce.

1 cup powdered sugar.

2 eggs.

1 cup of sherry.

Set bowl in hot water. Beat eggs. Add 1/2 cup of sugar. Then add sherry slowly. Whip whites and add with the rest of sugar. This sauce is better if made about 1/2 hour before using.

Mrs. L. C. Ables.



STEAMED PUDDING.

- | | |
|----------------|------------------------------|
| 1 cup flour. | 1 egg. |
| 1/2 cup sugar. | 1 teaspoonful baking powder. |
| 1/2 cup milk. | 1 tablespoonful butter. |

2 squares chocolate.

Steam 1 1/2 or 2 hours.

Mrs. John Lucas.



DANISH PUDDING.

- | | |
|------------------------|--------------------------|
| 1/2 cup rice. | 1 quart milk. |
| 1 teaspoonful butter. | 1 tablespoonful gelatin. |
| 1/2 teaspoonful salt. | 1 pint or more of cream. |
| 1 tablespoonful sugar. | |

Boil milk, rice, butter, salt and sugar in a double boiler, without stirring, until the rice is thoroughly cooked, then add gelatin and two dozen almonds, blanched and chopped fine, and 1 teaspoonful vanilla. When cool, mix with the cream, which has been whipped stiff, and place on the ice. Serve with a spoonful of pineapple jam. This will serve twelve.

Mrs. Guy Gere.



SUET PUDDING.

- | | |
|-----------------------------------|------------------------|
| 1 cup of sour milk. | 1 teaspoon cinnamon. |
| 1 cup New Orleans molasses. | 2 1/4 cups of flour. |
| 1 cup chopped beef suet. | Pinch salt. |
| 1 cup raisins seeded and chopped. | 1 level teaspoon soda. |

Method—Put sour milk and molasses in mixing bowl and stir in the soda dissolved in 2 tablespoons warm water, then add other ingredients and steam 2 1/2 hours. Serve with hard sauce.

Mrs. James Crockett.

SOUFFLE PUDDING.

Rub 2 scant tablespoons of butter to a cream. Add 2 tablespoons of flour, and pour on this gradually 1 cup of hot milk. Cook 8 minutes in a double boiler, stirring often. Beat yolks of 4 eggs and 2 tablespoons of sugar together and add to the mixture—set away to cool. Half an hour before serving beat 4 whites stiff, fold lightly into mixture and bake in a moderate oven for 30 minutes. Serve immediately with any cream sauce. *Mrs. Wells Peterson.*



PINEAPPLE PUDDING.

1 tin grated pineapple.

1 cup bread crumbs.

3 eggs.

$\frac{1}{2}$ cup sugar.

Bake and serve with cream sauce.

Mrs. John Lucas.



SPANISH CREAM.

Soak half package of gelatine in water. Put a pint of milk on to boil. When at boiling point, put in gelatine, and sweeten to taste. Add yolks of 3 eggs well beaten, flavor with vanilla, set aside to cool. When cold, stir in the well beaten whites of the 3 eggs. Set on ice to harden. *Mrs. Ernest Kopke.*



STANLEY CREAM.

Cut $\frac{1}{4}$ lb. of marshmallows, $\frac{1}{2}$ cup of walnut meats and $\frac{1}{4}$ cup maraschino cherries into small pieces. Beat 1 cup heavy cream until stiff. Add two tablespoons powdered sugar, 1 teaspoon of vanilla and a few grains of salt. Cut and fold into prepared ingredients. Turn into a mold and chill thoroughly.

Mrs. Walter Wall.



SNOW PUDDING.

One-half package of gelatine. Pour over it a cup of cold water and add $1\frac{1}{2}$ cups of sugar. When soft add 1 cup of boiling water, juice of one lemon, and the whites of 4 well beaten eggs. Beat all together until very light, put in glass dish, and pour over it custard made as follows:

1 pint of milk.

Grated rind of 1 lemon.

Yolks of 4 eggs.

Boil.

Mrs. John Walker.



LEMON PUDDING.

Juice and grated rind 1 lemon.

$1\frac{1}{2}$ tablespoons corn starch.

4 eggs.

3 cups water.

1 heaping cup white sugar.

Method: Put water in saucepan on stove to boil. Separate eggs, beat yolks with sugar, stir in lemon rind and juice and corn-starch mixed with a little cold water. Add the boiling water slowly, beating well until slightly thickened. Cook one minute. Avoid curdling eggs. Take from fire, stir in the stiffly beaten whites, and place on ice to chill. *Mrs. James Crockett.*

DATE PUDDING.

- | | |
|------------------------|----------------------------|
| 1 cup of bread crumbs. | 1/2 lb. walnuts. |
| 1 cup sugar. | 3 eggs. |
| 1/2 lb. of dates. | 2 teaspoons baking powder. |

Chop dates and walnuts, mix all together and bake for 20 minutes. Serve cold with cream or whipped cream.

Miss Elizabeth Hopper.



DATE PUDDING.

- | | |
|-------------------------|----------------------------|
| 1/2 lb. dates. | 1 cup bread crumbs. |
| 1/2 lb. nuts (walnuts). | 3 eggs. |
| 1 cup sugar (white). | 2 teaspoons baking powder. |

Chop the dates and nuts, mix all together, bake 20 minutes, and serve cold with whipped cream.

Mrs. Chester Livingston.



DATE PUDDING.

- | | |
|------------------------------|--------------------------------|
| 1 cup sugar. | 1 teaspoon of baking powder. |
| 1 cup chopped nuts (pecans). | 2 1/2 tablespoonfuls of flour. |
| 1 cup chopped dates. | 1-3 cup of milk. |
| 2 well-beaten eggs. | |

Mix all ingredients, put in well buttered baking dish, and bake slowly, 45 minutes. Serve with whipped cream.

Mrs. M. T. Clegg.



APPLE CHARLOTTE WITH CANDIED CHERRIES.

Line a pudding dish with slices of stale cake dipped lightly in milk. Fill the dish with apples that have been stewed with lemon and slightly sweetened, alternating the layers of apples with a layer of candied cherries and slices of cake. Make a meringue of the whites of two eggs, 2 tablespoons of sugar and vanilla to flavor. Spread over the top of the pudding and sprinkle with candied cherries. Bake until deliciously browned, set on ice and serve very cold with cream.

Mrs. John Walker.



WINED APPLES.

- | | |
|----------------------------------------|-----------------|
| 1 small tea cup of sherry to 4 apples. | 1 cup of sugar. |
| 1/2 cup of water. | |

Pare and core apples. Boil until tender in the above mixture so that they keep whole. Remove apples and let sauce boil to a thick syrup. Stuff apples with chopped nuts and maraschino cherries. Pour sauce and let cool. Serve with whipped cream.

Mrs. A. Hocking.



STRAWBERRY BAVAROIS.

- Yolks of 3 eggs (beaten).
3 tablespoons powdered sugar.
1 tablespoon gelatin (soaked in 1/2 cup cold water).

Mix well and add 1/2 pint (1 cup) of milk that has come to a boil. When above mixture is fairly cool, add 1 pint whipped cream.

Take 3 cups of strawberries. Put 1 cup in mixture.

Pour into molds and put on ice until it hardens. Balance of berries mix with about 4 tablespoons of granulated sugar. Mash and squeeze through a cloth for the sauce. *Mrs. A. Hocking.*



PRUNE SOUFFLE.

Soak 2 dozen prunes, then stew till tender. Put through a sieve and add the whites of 4 eggs beaten stiff, with 6 tablespoonfuls of fine sugar. Beat all together, then pour into a well buttered pan. Bake 20 minutes. Serve immediately with whipped cream.

Mrs. St. C. Sayres.



BAKED APPLES.

Core the quantity required—place in a shallow pan, and stuff the center of each with nuts, brown sugar and butter. Put a half cupful of sherry and water mixed in the pan, and place in a very hot oven until thoroughly baked. Serve with rich cream..

Mrs. G. F. Humbert.



BAKED APPLE DUMPLING.

Make a delicate baking-powder biscuit dough. Turn on to a floured board; handle as little as possible; roll out about a half an inch thick; cut in large circular pieces using a large saucer to shape. Have ready a half an apple for each dumpling, peeled and cored, and half cupful of sugar with two teaspoonsful of powdered cinnamon mixed in it. Place an apple in the center of each piece of dough, and fill the cores with sugar and cinnamon, adding a bit of butter to each core. Lift the dough and press the edges together. Place the dumplings in a baking dish about an inch apart. When the dumplings are heated through, fill the pan half full with a rich hot sauce made of butter, sugar, wine, lemon juice and water. Cook slowly for one hour.

Mrs. Hannah Palmer.



APPLE SAGO.

Soak 1 cup of sago in about 6 cups of water, and put on back of stove to swell. Stew 10 or 12 apples, mix with the sago, and bake $\frac{3}{4}$ of an hour. Eaten with cream and sugar or wine sauce.

Mrs. Robert Lewers.



RICE PUDDING.

$\frac{1}{2}$ cup raw rice.

4 cups milk.

4 eggs (yolks).

1 cup sugar.

Whites of 4 eggs.

Cook rice and milk 1 hour; add sugar, eggs, vanilla and a pinch of salt to cooked rice. Put back in double boiler, cook until it thickens; beat whites of eggs very stiff, then fold in and cool.

Mrs. Hannah Palmer.

BURNT FLOUR GRUEL.

(a good invalid dish)

1 pint of milk. 4 lumps of cube sugar.
1 egg well beaten. A pinch of salt.

A tablespoon of flour burnt to a rich brown.

Boil milk in a double boiler. Wet flour with cold milk and add eggs and stir into boiling milk. Leave it on until it begins to thicken and then strain. Good to serve as a cup custard with a little whipped cream.

Mrs. Robert Lewers.



SKEDADDLE PUDDING.

1 quart ripe strawberries or any fresh fruit.

Boil with sugar to taste. While fruit is coming to the boil, make a plain sponge cake. Pour the hot fruit into a nappy (brown baking dish) and immediately pour sponge over the fruit and bake in a moderate oven. Good hot or cold with sauce or cream.

Mrs. Andrew Fuller.



MARSHMALLOW CREAM.

Cut $\frac{1}{2}$ lb. fresh marshmallows into pieces $\frac{1}{4}$ in. square. Have ready one-third of a pound of nut meats, almonds, pecans and walnuts, ground in a meat grinder. Mix these with marshmallows, blending them by stirring lightly the white of one egg whipped to a stiff froth. Have ready a rather shallow glass bowl. Put a layer of the marshmallow mixture in first, then one of Malaga grapes seeded, another layer of marshmallows and nuts, and finally a sprinkling of shredded pineapple (canned is best), or of maraschino cherries cut fine. Chill on ice and serve with whipped cream—the latter in a separate bowl.

Miss Margaret Dietz.



MARSHMALLOW DESSERT.

$\frac{1}{2}$ lb. of marshmallows, cut into quarters with scissors.

$\frac{1}{2}$ pint of cream whipped (add a little milk if needed).

1 cup English walnuts chopped fine.

Flavor with sherry.

Make early in morning if wanted for luncheon. Add sherry slowly to the whipped cream, then the nuts and marshmallows. Put into the glasses in which it is to be served and put on ice. Enough for six people.

Mrs. Andrew Fuller.



MARSHMALLOW PUDDING.

1 tablespoon granulated gelatine.

Whites 3 eggs.

1 cup boiling water.

$\frac{1}{2}$ teaspoons vanilla.

1 cup sugar.

Dissolve gelatine in boiling water. Set bowl in pan of ice water, add sugar and stir constantly, until mixture is cool. Add whites of eggs and vanilla and beat, using a Dover egg beater until mixture thickens; the time required being about 20 minutes. Turn into a deep

cake pan, first dipped in ice water, let stand until thoroughly chilled. Just before serving time, remove from pan and cut in pieces the size and shape of marshmallows. Pile on glass dish, and serve with either sugar and cream or hot chocolate sauce.

Miss Elizabeth Hopper.



CHOCOLATE PUDDING.

1 pint of milk.

4 eggs.

4 tablespoons grated Baker's chocolate.

Pinch of salt.

10 tablespoonfuls grated bread.

Small piece of butter.

1½ cups sugar.

Beat the yolks of the eggs; add sugar, bread and chocolate with a little of the milk. Beat all together well. Heat the remainder of milk to boiling and pour in above mixture. Stir constantly. Cook until it thickens. Remove from fire. Add one teaspoonful vanilla. Pour into buttered pudding dish. Bake few minutes. Make a meringue of whites of eggs and 3 spoons sugar. Put on top, brown in oven. Serve warm or cold. Preferably cold.

Mrs. A. Perry.



COLD CHOCOLATE BREAD PUDDING.

1 cup soft stale bread crumbs.

Yolks 3 eggs.

1½ squares chocolate.

2 tablespoons butter.

1 cup sugar.

¼ teaspoon salt.

2 cups milk.

½ teaspoon vanilla.

Add bread, chocolate and sugar to cold milk, reserving ½ cup. Put in double boiler, and let cook until a smooth paste is formed. Beat yolks of eggs until light, add reserved milk, butter and salt and stir into hot mixture. Cook until mixture thickens, then add vanilla. Turn into a buttered pudding dish and bake in a moderate oven 20 minutes. Cool, cover with meringue and bake in a moderate oven 8 minutes. Serve very cold.

Miss Elizabeth Hopper.



CHOCOLATE SOUFFLE.

2 tablespoons butter.

½ cup powdered sugar.

2 tablespoons flour.

⅛ teaspoon salt.

½ cup milk.

Yolks 3 eggs.

1½ squares chocolate.

Whites 4 eggs.

2 tablespoons hot water.

½ teaspoon vanilla.

Melt butter, add flour and pour on milk gradually, while stirring constantly. Bring to boiling point, and add chocolate melted and mixed with sugar and water, to form a smooth paste. Beat yolks of eggs until thick and lemon colored, and add to first mixture; then add salt, and cool. Cut and fold in whites of eggs beaten until stiff and dry and add flavoring. Turn into a buttered baking dish, and bake in a moderate oven from 30 to 35 minutes. Serve immediately with creamy sauce.

Miss Elizabeth Hopper.

DELICIOUS CHARLOTTE.

1 pint of heavy cream.

1 tablespoon gelatine .

Sugar to taste.

1 teaspoon vanilla.

1 cup chopped green and red cherries.

$\frac{1}{2}$ cup rubbed macaroons.

$\frac{1}{2}$ cup chopped almonds.

Whip cream until stiff. Dissolve gelatine in 2 tablespoons of cold water and 3 tablespoons of boiling water. Pour gelatine, sugar and vanilla into cream and lastly into cherries and macaroons. Set in a mold on ice to harden.

Mrs. A. E. Murphy.



WHIPPED CURRANT JELLY.

1 cupful jelly.

White of one egg.

3 tablespoons water.

Melt the jelly and thin with water. When nearly cold, whip with an egg-beater until light. Add the white of egg well beaten and serve.

Mrs. L. C. Ables.



WINE JELLY.

$\frac{1}{2}$ box gelatine.

Little stick cinnamon.

$\frac{1}{4}$ to $\frac{1}{2}$ cup granulated sugar (to taste).

Pinch salt.

2 drops vanilla.

2 lemons, grated rind of one and juice of both.

1 pint boiling water.

$1\frac{1}{2}$ wine glasses best sherry.

Dash brandy.

Mix absolutely as follows: Soak gelatine and cinnamon stick in enough water to cover, for ten minutes. Then add salt, lemon, vanilla, hot water, sugar and wine. Strain, pour into molds and set in a cool place to harden.

Mrs. A. Wall.



FROZEN DESSERTS

MINT STICK ICE CREAM.

1 quart of cream.

Whites of 2 eggs.

$\frac{1}{2}$ lb. of mint stick candy.

Whip one pint of cream and the whites of eggs. Then mix thoroly with remaining cream, in which the candy has been dissolved. Freeze and serve in glasses garnished with finely chopped candied mint leaves.

Mrs. M. T. Clegg.



MACARON ICE CREAM.

To a pint of milk add 2 or 3 well beaten eggs and $\frac{3}{4}$ cup of sugar. Boil to make a custard. Take off to cool. Put 18 maca-

rooms to soak in $\frac{1}{2}$ cup of milk, or sherry if preferred. Chop fine half cupful of candied cherries.

When custard is cool add 1 pint of cream, then the macaroons (crushed with a spoon when soft) and the chopped cherries. Stir well together and freeze.

Mrs. St. C. Sayres.



EGGLESS CHOCOLATE ICE CREAM.

1 quart milk.

$\frac{1}{2}$ cup sugar.

2 tablespoons chocolate.

1 tablespoon cornstarch.

1 pint cream.

$\frac{1}{2}$ teaspoon vanilla.

Mrs. Wells Peterson.



MAPLE PARFAIT.

One cup maple syrup.

Yolks of six eggs.

Beat yolks of eggs well. Add syrup and boil slowly, stirring all the time until the consistency of cream, cool. Add one pint of whipped cream and 1 cup of chopped nuts or candied fruit. Pack in ice and let stand until molded.

Mrs. M. T. Clegg.



MAPLE MOUSSE.

Yolks of eight eggs, beat very light.

$1\frac{1}{2}$ cups of maple syrup put on to heat in a double boiler; add a teaspoon of gelatine dissolved in water.

When hot, stir into the beaten yolks and put back into boiler to heat until thick. Let cool. When cold, mix very lightly with one quart of cream whipped. Pack in ice for two or three hours.

Mrs. Walter Wall.



ALLIGATOR PEAR SHERBERT.

3 ripe pears.

2 cups of sugar.

1 lemon.

1 quart milk.

Rub pears through puree sieve. Add juice of lemon, sugar and milk. Freeze.

Mrs. G. F. Bush.



GRAPE WATER-ICE.

Grape juice 1 pint.

1 lemon.

2 oranges.

Add white sugar syrup. Freeze.

Mrs. Harry Wilder.



PAPAIA SHERBET.

1 medium sized papaia.

2 cupfuls of sugar.

Juice of 3 oranges.

1 quart of milk.

6 figs (fresh).

$\frac{1}{2}$ pint of cream.

Put papaia through puree sieve, add juice of oranges, sugar, milk, cream, then cut up figs. Freeze.

Mrs. G. F. Bush.

MANGO SHERBET.

1 dozen mangoes. Cut up and stew in four cups of water. Then pass through a sieve. Add $1\frac{1}{2}$ cups of sugar boiled with a cup of water. When cool, freeze. *Mrs. L. C. Ables.*



CREME DE MENTHE SHERBET.

2 cups water.	1 tablespoon creme de menthe cordial.
1 cup sugar.	Juice of $2\frac{1}{2}$ lemons.
Leaf green coloring.	White of 1 egg.

Boil sugar and water 15 minutes, cool, add lemon juice, creme de menthe and coloring and freeze stiff. After removing the dasher add the stiffly beaten white of one egg sweetened with powdered sugar.

Mrs. A. Perry.



MARASCHINO SHERBET.

2 cups water.	$\frac{1}{4}$ cup lemon juice.
1 cup sugar	3 teaspoonfuls maraschino liqueur.
1 cup orange juice.	Grated rind of one orange.

Boil sugar and water 15 minutes, cool, add other ingredients, freeze and after removing dasher, stir in stiffly beaten white of 1 egg sweetened with powdered sugar.

Mrs. A. Perry.



APRICOT ICE.

(For one gallon)

1 can of apricots.	4 cups of water.
5 oranges.	4 cups of cream.
2 lemons.	Whites of 4 eggs.
4 cups of sugar.	

The apricots, oranges and lemons are forced through a sieve. Then boil the sugar and water to a syrup and allow to cool. Mix the fruit and syrup and add the stiffly-beaten whites of the eggs. After this starts to freeze, add the cream and freeze until almost solid. Remove the dasher and pack well. Most delicious.

Mrs. A. Hocking.



APRICOT SHERBET.

1 cup water.	Juice of 1 lemon.
$\frac{1}{4}$ cup sugar.	$\frac{1}{2}$ of can apricot.

Cook sugar and water cool and add juice of lemon. Press the apricots through colander or potato ricer; there should be about two cups of the apricot, add to other mixture and freeze stiff. After removing dasher add stiffly beaten white of 1 egg sweetened with powdered sugar.

Pear sherbet can be made in the same manner as above by using canned Bartlett pears and the juice of two lemons.

Peach sherbet—canned free stone peaches substituted for apricots in above recipe.

Mrs. A. Perry.

LEMON SHERBET WITH MILK.

1 quart milk.

2 cups sugar.

3 large lemons.

Peel lemons very thin so that none of the white comes off, and let rind stand in milk an hour. Add sugar. Stir well and strain. Freeze. When frozen hard, add lemon juice and refreeze.

Mrs. A. Wall.



DAINTY ORANGE ICE CREAM.

Prepare a custard of 3 eggs and 1 pint of milk, flavor with the juice and grated rind of an orange. Peel 2 oranges, removing seeds and every particle of white skin; flake the pulp into fine bits, sprinkle liberally with powdered sugar, and pour over a tablespoon of sherry. Add to the cold custard half pint of sweetened whipped cream, and turn at once into the freezer. When half frozen, stir in the prepared orange and a small cupful of rolled macaroon crumbs. Finish freezing; then pack in a melon mold for 2 or 3 hours. Unmold on a large platter, decorate with whipped cream and minced candied orange peel.

Mrs. Hannah Palmer.



PICKLES AND PRESERVES

MANGO CHUTNEY.

6 lbs. sliced mangoes.

1½ lbs. brown sugar.

1 pint vinegar.

1 lb. Chinese preserved ginger.

2 ounces ground raw ginger root.

1½ ounces chili peppers.

½ ounce salt.

1 lb. seeded raisins.

1 lb. sultana raisins.

2 ounces chopped onions.

2 ounces garlic (chopped)

2 lbs. mixed peel, orange, lemon and citron.

1 lb. nut meats.

3 teaspoons ground nutmegs.

3 teaspoons ground cloves.

3 teaspoons allspice.

Put spices in spice bag. Boil vinegar and sugar and spice bag together half an hour. Then add onions, garlic and ground ginger root, currants, raisins, preserved ginger, chili peppers. Have the mangoes peeled the night before, and leave in heavily salted water all night. Add the drained mangoes and cook whole until mangoes are tender but not mashed.

Mrs. A. E.. Murphy.



MANGO AND PINEAPPLE MARMALADE.

To 2 cups each of mango and pineapple, add 1½ cups sugar and ½ cup water. Boil until thick and put in jars. *Mrs. L. C. Ables.*

CHILI SAUCE.

12 large ripe tomatoes pared. 1 teaspoon salt.
2 large onions 4 tablespoons sugar.
4 large green peppers. 2 cups vinegar.

Chop onions and peppers fine, put all in kettle, add 1 teaspoon each of cinnamon, cloves and ginger; cook slowly for 2 hours.

Mrs. Will Wall...



SPANISH PAPAIA PRESERVE.

Take 3 large papaias just before the skin yellows. Cut into dice about an inch square. Put them into a large pan and pour over them the following: $\frac{1}{2}$ pound of white lime and 1 gallon of water and let stand 24 hours, in which time the fruit will become firm. Make a syrup of 3 pounds of dark brown sugar. Wash the fruit very thoroughly, so as to free it from the lime and then boil the papaia in the sugar syrup until it is thoroughly cooked.

Mrs. A. E. Murphy.



PINEAPPLE PICKLE.

Boil $\frac{1}{2}$ cup vinegar with 2 cups of sugar. Add 1 teaspoon whole cloves, 1 stick of cinnamon broken in small bits, 1 large pineapple cut in cubes. Boil until tender but not broken. Bottle and seal while hot.

Mrs. L. C. Ables.



LEMON BUTTER.

1 cup granulated sugar. Yolks of 3 eggs.
1 heaping tablespoonful of butter. Juice and rind of 1 lemon.

Cream, sugar and butter. Add yolks of eggs and beat vigorously. Place in double boiler and cook until it thickens. Remove from fire and add lemon. Spread upon any dainty cracker and sprinkle with chopped walnuts, this makes a dainty dish to serve with afternoon tea. May be used as filling for sandwiches. *Miss Margaret Dietz.*



EAST INDIAN SWEETMEAT.

Soak watermelon rind in cold water for 24 hours with 2 ounces of alum. To 9 pounds of rind take 2 pounds of brown sugar and 3 pints of cider vinegar, $\frac{1}{2}$ pound raisins, 2 ounces stick cinnamon, 1 ounce whole cloves, 2 ounces preserved ginger, 1 red pepper shredded. Boil until melon is clear. Remove fruit and boil syrup until thick. Pour over hot fruit and seal. Sliced mangoes can be used instead of watermelon rind.

Mrs. Walter Wall.



CONFECTIONERY

MARSHMALLOW CANDY.

Soak 1 tablespoon of Knox's gelatine in 3 tablespoons of cold water. Boil 1 cup of granulated sugar with 3 tablespoonfuls of

water to the soft ball stage. Add gelatine and 1 teaspoon of vanilla. Let stand until partially cool. Beat about 20 minutes, pour in dish that has been thickly powdered with pulverized sugar. Dust sugar over top, and when cold cut into squares. Before putting in boxes, roll in powdered sugar. *Mrs. Walter Wall.*



DIVINITY FUDGE.

5 cups of sugar. 1 cup of boiling water.
1 cup of Karo korn syrup.

Boil until it forms a soft ball in water. Take out 1 cup and pour over beaten whites of 4 eggs. Beat this hard. Boil the rest until it is brittle in cold water.. Pour over egg mixture and beat again until cream. A teaspoonful of vanilla and 1 cup of chopped nuts should then be added. Pour into buttered pans and when hard enough cut into squares. *Mrs. Walter Wall.*



DIVINITY.

$\frac{1}{2}$ cup Karo. $\frac{1}{4}$ cup water.
2 cups white sugar.

Boil until it strings. Add to beaten whites of two eggs. Beat until cool and add one cup of chopped nuts. *Mrs. L. C. Ables.*



PENOCHE.

3 cups of brown sugar. 1 cup of milk.
1 cup of white sugar. 1 cup of chopped nuts.

Mix well and place on stove. Stir constantly while boiling. Take off when it strings from the spoon. Stir until creamy. Add nuts and a little fresh lemon. *Mrs. L. C. Ables.*



MOLASSES CANDY.

2 cups molasses. 1 tablespoon vinegar.
1 cup sugar. 1 teaspoon butter.
1 tablespoon ginger.

Boil until it can be picked up when dropped in cold water. This can be stirred without sugaring.



COCOANUT CREAMS.

Boil one cup sugar, 1 cup water, and 1 teaspoon cream of tartar until it gets waxy when dropped in water. Mix as much grated coconut with the fondant as it will hold. Spread on buttered plates, cut in squares and leave to harden.



DIVINITY FUDGE.

3 cups sugar.
 $\frac{1}{2}$ cup maple syrup or Karo Korn syrup.
Two-thirds cup cold water.

Boil until it gets hard when tested in cold water. Add slowly to the beaten whites of 2 eggs. Add $\frac{1}{2}$ cup of chopped nuts or coconut. When cool cut in squares.

CHOCOLATE CREAMS.

2 cups of sugar.

5 tablespoons milk.

1 pinch cream of tartar.

4 tablespoons water.

Boil about 5 minutes—when waxy when tested in water, pour out in as many dishes as flavors desired. Cool and beat. For flavoring beat in 1-3 teaspoon mapleine or peppermint or $\frac{1}{2}$ teaspoon vanilla or almond essence or 1 teaspoon of lemon.

For chocolate covering steam a slice of butter an inch thick until it melts. Add 3 tablespoons chocolate and two teaspoons cream. Let cool a little and dip with two forks.



CANDIED PINEAPPLE.

1 cup sliced pineapple.

1 cup sugar.

Boil until fruit is deep yellow, pour off syrup and put on plates in the sun, turning every day until dry.



MAPLE BARS.

Line a buttered tin with chopped nut-meats. Place on the back of the fire two cupfuls of maple sugar, one of brown sugar and one of water. Cook slowly; when done add a teaspoon of butter, and a tablespoon of cream, beat hard and pour over the nuts. When cool cut into bars.



PEANUT BRITTLE.

Pour 1 coffee cup white sugar into a clean hot spider and allow to melt, care being taken not to allow it to burn. Have shallow pans buttered and spread with nut-meats. Pour over the browned sugar and cool. Break into small pieces.

Mrs. A. Hocking.



BEVERAGES

HINTS ON TEA AND COFFEE MAKING.

Do not boil water longer than three or four minutes in making tea or coffee as most of its natural properties escape by vaporization, leaving a very insipid liquid, composed mostly of lime and iron which will ruin the best coffee and give the tea a dark, dead look which ought to be the reverse.



Water left in the teakettle over night should never be used for the breakfast coffee. No matter how excellent your coffee or tea may be, it will be ruined by the addition of water that has been boiled more than once.



FRUIT CUP.

Fill sherbet glasses with watermelon dice, sprinkle this with chopped mint leaves, and pour over the contents of each glass pinectar or grape juice.

Mrs. A. E. Murphy.

GINGER-MINT DRINK.

Juice of six oranges and four lemons. Add a cup of sugar and a dozen sprigs of green mint. Let this soak for an hour. Put a tablespoon or more of this mixture into a small lemonade glass, fill the remainder with cold ginger ale, stir well and serve. Do not add ginger ale until just before serving, as it will get flat and lose its bite.

Mrs. A. Hocking.



CLARET CUP.

1 pint of good claret.

$\frac{1}{2}$ cup loaf sugar.

1 pony of curacoa.

Juice of 1 lemon.

1 sliced orange.

Large piece of ice.

Dash of French cognac.

Dissolve sugar in lemon juice. Add claret, curacoa, brandy and sliced orange. Put to cool. When ready to serve, pour in a thin tall tumbler, and decorate the top with a sprig of green mint.

Mrs. Larry McAfee.



FRUIT PUNCH.

1 cup grenadine.

1 cup orange juice.

$\frac{1}{2}$ cup lemon juice.

1 cup pineapple juice.

1 cup strong tea.

1 small bottle of mararchino cherries.

Combine all, sweeten to taste and add mineral water.



FAIRY PUNCH.

Juice from 1 can of pineapple.

Juice from 3 oranges.

Juice from 3 lemons.

1 cup of cold tea (uncolored Japan).

2 cups sugar.

1 quart of unfermented grape juice.

Before serving add ice and one quart of mineral water.



CHINA ORANGE PUNCH.

6 cups of strong tea.

Mineral water.

2 cups of China orange juice.

Sugar to taste.

1 teaspoon almond extract.

Dilute the tea and orange juice with the water and sweeten.



TAMARIND-ADE.

Shell tamarinds and cover with water. Let soak several hours then take the water from the tamarinds, dilute with fresh water and sweeten to taste.



RASPBERRY-ADE.

Add two or three tablespoons of raspberry syrup to each glass of lemonade and it will make a delicious drink.

Mrs. A. Hocking.

EGG NOGG.

10 eggs.

1 quart milk.

1 lb. granulated sugar.

1 gill of fine French cognac.

1 grated nutmeg.

Beat yolks to cream and add sugar. Beat well until very light. Pour into this the boiling milk, stirring well. When thoroughly blended add whites beaten to a froth, and brandy. Serve hot.

Mrs. Larry McAfee.



COCOA EGGNOG.

Beat the white of 1 egg stiff and add gradually, while beating constantly, 1 teaspoonful of sugar and 1 teaspoonful of breakfast cocoa and a few grains of salt. Add to $\frac{1}{2}$ the mixture, while beating, $\frac{3}{4}$ cup of cold milk. Turn into glass and pile the remaining mixture on top.



BURNT RICE GRUEL.

(Splendid invalid dish)

A desert spoon of rice burnt black either in an iron spoon or iron pot.

1 pint of cold water

1 pinch of salt.

1 lump of cube sugar.

Put burnt rice in cold water and boil until dissolved. If too thick to drink, thin with boiling water. This can be put in a bottle and fed to babies in cases of dysentary. An Indian remedy.

Mrs. Robert Lewers.



MISCELLANEOUS

HOW TO GET UP AN HAWAIIAN SUPPER.

To the uninitiated the Hawaiian supper presents a problem of insurmountable difficulty. The toothsome native dainties which they would like so much to set before their visitors from the States are a riddle to them—and to get an Hawaiian caterer would be too great an expense. They eventually content themselves with broiled mullet and sliced pineapple, sliding over the European part of the meanu with tales of fine luaus.

But it is quite a simple matter indeed to get up a poi supper which—though perhaps not as elaborate as a regular Hawaiian luau would nevertheless satisfy the hesitating tastes of the tourist we wished to initiate. Following is a menu, with most of the necessary recipes which any hostess aspiring for Hawaiian style as well as economy could adopt.

HAWAIIAN SUPPER.

Alligator Pear Cocktail,

Broiled Lobster,

Baked Breadfruit

Mullet baked in ti leaves,

Poi Cocktail,

Taro Cakes,

Luau and Chicken.

Hawaiian Sweet Potatoes,

Pickled Pineapple,

Tamarind-ade,

Orange Straws

Grape Fruit Salad,

Young Cocoanut Desert.

Fresh Fruit,

Kona Coffee.



ALLIGATOR PEAR COCKTAIL.

Cut the fruit in small pieces. Make a sauce of tomato catsup, lemon juice, salt and pepper. Serve in glasses with chopped ice.



POI COCKTAIL.

To 1 glass of milk add 3 tablespoonfuls of poi and 1 tablespoon of sugar. Mix well.



MULLET BAKED IN TI LEAVES.

For about 10 mullet which have been cleaned and sprinkled with salt and pepper both inside and out, make a thick pad of ti leaves. Wrap all the mullet together in ti leaves and put on top of the pad. Pour in 3 cups of water which will prevent them from burning and bake in a hot oven for 15 or 20 minutes.



KONA COFFEE.

A tablespoon of ground coffee and a cup of water to each person and one for the pot. Put in an egg for clearing. Allow mixture to boil up twice and serve.



—ORANGE STRAWS.

Cut orange skins in strips and boil, changing the water several times, until peel is tender and no longer bitter. Make a syrup of equal parts sugar and water, and boil peel in it for 10 minutes. Lift out with a skimmer on plate. When cool roll in granulated sugar and place on buttered plate. Roll again in sugar the next day.



TARO CAKE.

Cut skin from taro, divide in small pieces and cover with salted water in a saucepan. Boil 50 minutes or until tender. Mash until free from lumps and form into cakes, and fry in butter or deep fat. Drain and sprinkle with salt.

TAMARIND-ADE.

Shell a dozen or more tamarinds in two quarts of water. Let soak an hour, stir and sweeten to taste.



LUAU AND CHICKEN.

Take the young, tender leaves of three taro plants and strip stems. Boil, changing water 3 times and adding pinch of soda. Cook 45 minutes or until tender, add a little milk and salt and pepper. This makes the luau. Stew a chicken, and when done pour off the gravy and mix chicken with the luau. Grate 2 cocoanuts and pour over the chicken as a gravy.



HAWAIIAN SWEET POTATOES.

Mix 1½ pounds sweet potato that has been grated raw with the milk and strained juice of a grated cocoanut. Add a little salt and about 2 tablespoons of sugar. Bake slowly for two or three hours.



PICKLED PINEAPPLE.

Take a pineapple that is not too ripe. Pare, core and cut it in small pieces. To four measures of pineapple take 1 measure vinegar, 3 measures of brown sugar, a few whole cloves and pepper corns. After this liquid has been boiled a few minutes, add pineapple and boil until fruit is a golden yellow. If the syrup is not rich, boil down before pouring over the fruit.



BROILED LOBSTER.

Split the live lobster down through the middle with a hatchet so that half his legs are on one side and half on the other. Wash carefully, and quickly sprinkle with salt and pepper, and broil over a hot charcoal fire for about 15 minutes. Serve with butter.



GRAPEFRUIT SALAD.

Cut grapefruit in halves, take out pulp, remove seeds, chop in small pieces. Mix with chopped nuts, replace in skins and serve with mayonnaise.



COCOANUT DESSERT.

Select very young cocoanuts and split in half. Take out the soft pulp, chop in not too fine pieces, mix with stewed mulberries or strawberries and put back in shells. Serve with whipped cream.

TABLE OF WEIGHTS AND MEASURES



3½ teaspoonfuls dry equal 1 tablespoonful.

3 teaspoonfuls liquid equal 1 tablespoonful.

4 tablespoonfuls liquid equal 1 wine glassful.

2 measuring cups equal 1 pint.

4 measuring cups equal 1 quart.

4 cups flour equal 1 pound.

2 cups sugar equal 1 pound.

2 cups butter equal 1 pound.

Juice of 1 lemon equal 3 tablespoonfuls.

16 tablespoonfuls dry equal 1 cup.

12 tablespoonfuls liquid equal 1 cup.

1 tablespoonful salt equals 1 ounce.

16 ounces equal 1 pound or pint.

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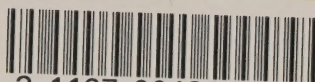
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MEMORANDUM

Fish Chowder

Bone the fish. Boil bones & head
in water. Strain. Cut bacon
in small pieces. Fry brown.
Cut one onion and fry in
bacon. Cut up one potato
and the fish in small pieces.
Put all in the water strained
from bones, and boil until
done. Put in milk & cream.
Season to taste. Thicken
with flour.

Wm. Waters



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